

ABBREVIATIONS: ACS-Army Community Service; AMR-Aliamanu Military Reservation; Bldg.-Building; FMWR-Family and Morale, Welfare and Recreation; FD-Fort DeRussy; FRG-family readiness group; FS-Fort Shafter; HMR-Helemano Military Reservation; SB-Schofield Barracks; TAMC-Tripler Army Medical Center; USARHAW-U.S. Army-Hawaii; WAAF-Wheeler Army Airfield

## **U.S. Army, Hawaii Community Information Bulletin**

(15 January 15)

Information contained in this handout is “for informational purposes only.” References to private organizations and their activities do not imply endorsement by the U.S. Government, the Department of the Army, or U.S. Army Garrison-Hawaii.

**1. Directorate of Family and Morale, Welfare and Recreation (FMWR), Suzanne King, Deputy Director, (808) 656-0037. [www.himwr.com](http://www.himwr.com) [www.facebook.com/fmwr.hawaii](https://www.facebook.com/fmwr.hawaii)**

**2. Army Community Service (ACS), Brandi G. Stauber, Director, (808) 655-4ACS (4227)**

[www.himwr.com/acs](http://www.himwr.com/acs)

**ACS Main Center, 2091 Kolekole Ave., SB**

**ACS Satellite Center, Bldg. 330, Rm. 111, Aloha Center, FS**

To register for ACS classes, please visit our website and click on class calendar.

“Like” ACS on Facebook at “Army Community Service Hawaii.”

**a. Army Volunteer Corps Coordinator (AVCC), Charlyn Sales, (808) 655-4ACS**

[www.himwr.com/getting-involved/army-volunteer-corp](http://www.himwr.com/getting-involved/army-volunteer-corp)

- (1) **Organization Point of Contact (OPOC) Training:** Feb. 11 and March 4, 10-11 a.m. at ACS, Bldg. 2091, SB. Are you a newly appointed OPOC for your FRG or organization? If you answered yes, this training is for you. Learn how to manage your volunteers utilizing the Volunteer Management Information System.
- (2) **OPOC Volunteer Hours Certification:** Feb. 6 is the deadline for OPOCs to certify their volunteer hours in Volunteer Management Information System (VMIS) for calendar year 2014 (Jan. 1-Dec. 31, 2014).
- (3) **2015 USARHAW Volunteer Recognition Ceremony (VRC):** April 14, 11 a.m.-1 p.m. at Nehelani Banquet and Conference Center, Bldg. 1249, SB.
- (4) **2015 USARHAW VRC Nomination Packet and Submission Deadline:** The 2015 USARHAW VRC Nomination Packet will be available online, Jan. 16, at [www.himwr.com/acs](http://www.himwr.com/acs). Submission deadline for Nomination Packets is April 2.
- (5) **Employment Readiness Program (ERP), Caron Ferguson, (808) 655-4ACS**  
[www.himwr.com/work-a-career-centers](http://www.himwr.com/work-a-career-centers)
- (6) **Employment Orientation:** Jan. 16, 30; Feb. 6, 13, 20, 27; March 6, 13, 20, 27; 9-10:30 a.m. at ACS, Bldg. 2091, SB. This class will orientate you to the island for employment opportunities.
- (7) **Civilian Resume Writing Class:** Jan. 23, 9-10:30 a.m. at ACS, Bldg. 2091, SB. This class will familiarize you with different resume formats and will provide you with tips for writing your resume for civilian employment.
- (8) **Boots to Business:** Feb. 11, 9 a.m.-12 p.m., and Feb. 12, 9 a.m.-3 p.m., at ACS, Bldg. 2091, SB. This class will familiarize you with different topics such as the entrepreneurship process, basic accounting, business planning and resources just to name a few. All participants are required to attend both days of the workshop.
- (9) **10 Steps to a Federal Resume 2-Day Seminar:** March 24 and 25, 9-11 a.m., both days at ACS, Bldg. 2091, SB. Interested in finding a career with the federal government? Participate in this two-day seminar to learn more information about the process for applying for a federal government position, the federal resume and resources to get you started.

**b. Exceptional Family Member Program (EFMP), Leonard Webster, (808) 655-4ACS**

[www.himwr.com/exceptional-family-member](http://www.himwr.com/exceptional-family-member)

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- (1) **EFMP Movie Day:** Jan. 21, 2-4 p.m. at ACS, Bldg. 2091, SB. Movie designed to be more family friendly for Exceptional Family Members, to include those individuals on the autism spectrum or others with sensory sensitivities.
- (2) **EFMP Whale Watching Event:** Feb. 16. Meeting time is 11 a.m. at Aloha Tower. Star of Honolulu ship sails from 12-2:30 p.m. Purchase tickets for families at Information, Ticketing & Registration (ITR), Bldg. 3320, Flagview Mall.
- (3) **Going Outdoors with EFMP:** March 18, 9 a.m.-2 p.m. Meeting at Ho'omaluhia Botanical Gardens, 45-680 Luluku Road, Kaneohe, HI 96744. This catch-and-release program is fun for the whole family. Ho'omaluhia will provide bamboo poles with barbless hooks, and you bring the bait (fresh white bread works great). You may also bring your own poles with barbless hooks. Fish commonly seen are tilapia and midas cichlid. It is a 20-minute hike to the fishing area. No casting allowed. Recommended are walking shoes, insect repellent, rain gear. Bring your own lunches and water. Limited to first 20 people.

c. **Family Advocacy Program. (FAP), Cindy Morita, (808) 655-4ACS.**

[www.himwr.com/home-a-family-life/family-advocacy](http://www.himwr.com/home-a-family-life/family-advocacy)

- (1) **FAP \*Webinar Series:** Parenting 101: Take your parenting to the next level, Jan. 28, Feb. 25, March 25; 11:45 a.m.-12:45 p.m. Looking for a way to add tools to your toolbox, but can't make it to ACS? Our webinars might be the answer you have been looking for. \*Register at [www.himwr.com/acs](http://www.himwr.com/acs) and click on "Class Calendar." Registration must be completed at least 24 hours prior to the start of class. An email with the webinar link will be sent to you prior to class start time.
- (2) **Free Car Seat Safety Classes:** Jan. 23, Feb. 20, March 20; 10 a.m., 12 p.m., and 1 p.m. at ACS, Bldg. 2091, SB. A one-hour, one-on-one car seat class. Ensure that your car seat is installed correctly, learn the latest best practices and Hawaii state laws, and get your questions answered.
- (3) **Little Ones Play Morning (ages 0-3):** Jan. 21; Feb. 4, 18; March 4, 18; 10-11 a.m., at ACS, Bldg. 2091, SB. This is a wonderful opportunity to meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children in a safe, structured, nurturing environment.
- (4) **Sports Play Morning at A.M.R (ages 3-5):** Feb. 13, March 13; at 9:30-10:30 a.m. at AMR Sports Field. Looking for a great place to meet other parents or share parenting information and tips? Give your child a chance to interact with other children in a safe, structured environment.
- (5) **Sports Play Morning at Schofield (ages 3-5):** Jan. 27, Feb. 24, March 24; at 9-10 a.m. at Kalakaua Community Center Play Area, SB. Looking for a great place to meet other parents or share parenting information and tips? Give your child a chance to interact with other children in a safe, structured environment.
- (6) **Scream-Free Marriage Series:** Jan. 8, 15, 22; Feb. 12, 19, 26; 11:45 a.m.-1:30 p.m. at Aloha Center, Bldg. 330, FS. Jan. 9, 16, 23; Feb. 6, 13, 20; 11:45 a.m.-1:30 p.m. at ACS, Bldg. 2091, SB. Every couple goes through conflict, but not every couple grows through it. Be one of the successful. Join this three-week series.
- (7) **Couples Communication (Couples Only):** Feb. 11, March 11; 11:45 a.m.-12:45 p.m. at ACS, Bldg. 2091, SB. Learn techniques to improve the way in which you communicate with your partner. This class is held at FS upon request.
- (8) **Prosperous Parent:** Feb. 9 and March 16 at 9 a.m.-12:30 p.m. at ACS, Bldg. 2091, SB. Discuss essential parenting skills and challenges to parenting. Explore realistic and unrealistic expectations for children, understand your child's development, and create a plan for your child's safety and well-being

at home, in the car and with others. Learn the 12 Rules of Discipline and effective punishments and rewards.

- (9) **Parenting 101:** Take your parenting to the next level, Jan. 19 and March 16 at 4-5 p.m. at ACS, Bldg. 2091, SB. On Jan. 15 and Feb. 19 at 2-3 p.m. at Aloha Center, FS. This class highlights current best practices and will provide parents with tips and tools to assist them in reaching their parenting goals.
- (10) **1-2-3 Magic:** Feb. 5, 12, 19 at 12-1:30 p.m. at ACS, Bldg. 2091, SB. With humor, insight and proven success, this three-week series breaks down the task of parenting into three straightforward jobs.
- (11) **Home Alone workshop:** Feb. 21, March 17; at ACS, Bldg. 2091, SB. An interactive and fun workshop for parents and children that will provide children ages 10-12 tools to make responsible decisions as they prepare to stay home without parents present. Topics include First Aid, Fire Safety, Stranger Awareness and Internet Safety. A parent must attend this class with their child. \* Nine year-olds within three months of their 10th birthday are allowed.
- (12) **Communication Solutions (Couples or Singles):** Feb. 9 and March 9, 4-5 p.m. at ACS, Bldg. 2091, SB. Explore how voiced and unvoiced emotions impact the way we talk and don't talk. Learn new ways to increase dialogue and understanding. This class is held at FS upon request.
- (13) **Sleepless on Schofield:** Feb. 11 and March 11, 11:45 a.m.-12:45 p.m. at ACS, Bldg. 2091, SB. Sleep is critical for good health. Join and get tips and techniques for a better night's sleep. This class is held at FS upon request.
- (14) **Stress Solutions:** Jan. 26, Feb. 23, March 23; at 12-1 p.m. at ACS, Bldg. 2091, SB. Also, Jan. 27, Feb. 24; at 2-3 p.m. at Aloha Center, FS. This class will give you the tools to understand and identify stress, manage stress before it manages you, to practice relaxation techniques, and to know where to get help.
- (15) **Anger and Conflict Solutions:** Feb. 12 and March 19, 3-4 p.m. at ACS, Bldg. 2091, SB. Also Feb. 12 at 2-3 p.m. at Aloha Center, FS. This prevention program is for individuals to learn the basic foundations of anger awareness. The class will help participants identify their own personal anger cues and ways to avoid letting angry behaviors get them in trouble.

**d. New Parent Support Program (FAP), Donna Shock, (808) 655-4ACS.**

[www.himwr.com/home-a-family-life/new-parent-support](http://www.himwr.com/home-a-family-life/new-parent-support)

- (1) **Toon Time Matinee:** Jan. 16 and Feb. 20, 10 a.m.-12 p.m. at Kalakaua Community Center, SB. (Showing Nut Job). Enjoy a free movie and opportunity to socialize and have fun with other parents and children. For further information, call 655-4ACS. Registration not required.
- (2) **Breastfeeding Basics:** Jan. 28, 6:10-7:30 p.m. at Main Post Chapel, SB. Group educational session on the basics of breastfeeding. Opportunity to connect with other parents and build a support system to maintain successful breastfeeding throughout baby's first year. Registration is required. Call 655-4ACS or go to [www.himwr.com/home-a-family-life/new-parent-support](http://www.himwr.com/home-a-family-life/new-parent-support).
- (3) **Expectant Parent Series:** Jan. 8, 15, 22, 29; and March 5, 12, 19, 26; 12-1:30 p.m. at ACS, Bldg. 2091, SB. This series of four workshops (one or both parents may attend) will teach you what to expect when you bring baby home and also includes advice from the Financial Resiliency Center.
- (4) **Boot Camp for New Dads:** Jan. 24, Feb. 28, March 28; 9 a.m.-12:30 p.m. at ACS, Bldg. 2091, SB. A class for new or soon-to-be dads facilitated by a dad. Topics include care for mom, crying babies, safety, parenting teamwork and much more.

**e. Victim Advocacy Program, Adrienne Howe, (808) 655-4ACS.**

[www.himwr.com/home-a-family-life/victim-advocacy-program](http://www.himwr.com/home-a-family-life/victim-advocacy-program)

Domestic Violence SAFE Line is (808) 624-SAFE (7233)

- (1) **Self-Advocacy for Encouragement and Resources (SAFER) Group:** Every Wednesday beginning Jan. 28, 9 a.m. This five-week series is a support group for women who are in the recovery phase of abusive or unhealthy relationships. Women can join at any time. The location of the group is confidential and will be provided to registered attendees.
  - (2) **The Domestic Violence Victim Advocacy Program, 24 Hour SAFE Line (624-SAFE):** Army Community Service Victim Advocates (VAs) are trained professionals who provide nonclinical advocacy services and support to Soldiers and family members experiencing domestic abuse. VA can also assist victims of child sexual abuse and severe physical abuse and their non-offending parent(s). Victim advocates provide crisis intervention, safety planning, emotional support, and information and referral service for military and civilian resources.
  - (3) **Reporting:** There are two options for reporting. Restricted reporting will allow victims the option to receive treatment and services without an official investigation or command involvement. Unrestricted reporting will allow medical treatment, advocacy, counseling and an official notification to law enforcement and command involvement. These exceptions exist to prevent or lessen a serious threat to the health/safety of the victim or others. Restricted reports do not apply for child abuse.
  - (4) **Numbers for Reporting Domestic Violence and Child Abuse**  
Hawaii Child Welfare Services, (808) 832-5200.  
Military Police, (808) 655-5555 (Domestic Violence Unrestricted Report Only).  
Hawaii Police Department, 911 (Domestic Violence Unrestricted Report Only).
- f. **Financial Readiness Program, (FRP), Robin Sherrod, (808) 655-1866.**  
[www.himwr.com/financial-management](http://www.himwr.com/financial-management)
- (1) **Army Emergency Relief (AER) Campaign:** March 1-May 15; AER uses the generous donations from the community to help us continue to provide emergency financial assistance to Soldiers and their families in time of financial need. The annual fundraising campaign runs each year from March 1-May 15. Please donate and help Soldiers continue to help Soldiers. Each unit will have a person designated to collect donations. Please see your 1SG, CSM or Commander. You may also go online to donate at [www.aerhq.org](http://www.aerhq.org) and be sure to select Schofield Barracks.
  - (2) **Army Emergency Relief 2015 Annual Fundraising Campaign Kickoff:** March 6, 3:30-4:30 p.m. at Nehelani Banquet and Conference Center, Bldg. 1249, SB.
  - (3) **Military Saves Open House:** Feb. 25, 10 a.m.-12 p.m. at Bldg. 647, Financial Resilience Center. Military Saves week is an annual opportunity for installations and organizations to promote good savings behavior and a chance for service members and their families to assess their own saving status.
  - (4) **First Term Financial Training:** Jan. 26; Feb. 2, 9, 23; March 2, 9, 16, 23; 8:30 a.m.-4:30 p.m. at Bldg. 647, Financial Resilience Center. This workshop focuses on basic financial skills to help develop self-reliance and personal responsibility. This is a mandatory program of instruction for first-term Soldiers, offered every Monday (except federal holidays).
  - (5) **Money Management Class:** Feb. 4, 10-11:30 a.m. at Bldg. 647, Financial Resilience Center. Learn how budgeting, credit and investing fit in to your overall financial plan and take away the "Steps to Financial Success."
  - (6) **Basics of Budgeting Class:** Feb. 11, 10-11:30 a.m. at Bldg. 647, Financial Resilience Center. This class will help you develop a budget, track expenses, and create a system to save and pay your bills on time.

- (7) **Your Credit Report & Score Class:** Jan. 21, Feb. 18, March 18; 10-11:30 a.m. at Bldg. 647, Financial Resilience Center. No credit or bad credit, this class will help you increase your credit score and understand how lenders see you.
- (8) **Basic Investing & TSP Class:** Jan. 28, Feb. 25, March 25; 10-11:30 a.m. at Bldg. 647, Financial Resilience Center. Learn the basics of the Thrift Savings Plan and other investment options, including stocks, bonds, and mutual funds.
- (9) **Free Credit Score Event:** Feb. 5 and March 5; 1-3 p.m. at Bldg. 647, Financial Resilience Center. ACS financial counselors will help you pull your free credit score from MyFICO. No registration required; just stop by.

**g. Military Family Life Counseling Program**

Short-term counseling is available by walking in to ACS, Bldg. 2091, SB, Monday-Friday, 7:30 a.m.-4:30 p.m. Appointments can be made by calling 222-7088.

**h. Mobilization & Deployment Program, Ever Gutierrez, (808) 655-4ACS**

[www.himwr.com/home-a-family-life/victim-advocacy-progra.m](http://www.himwr.com/home-a-family-life/victim-advocacy-progra.m).

- (1) **Overcoming Stress (AFTB Level G, Module 9):** Jan. 21, 9:30-11 a.m., at ACS, Bldg. 2091, SB. Personal growth encourages growth into a community leader.
- (2) **Chain of Command & Customs, Courtesies, and Traditions (AFTB Level K, Modules 3 & 4):** Jan. 22, 5:30-7:30 p.m. at ACS, Bldg. 2091, SB. Military knowledge introduces participants to the basic skills and knowledge needed to be successful in your military life.
- (3) **Resolving Conflict (AFTB Level L, Module 6):** Jan. 27, 5:30-7:30 p.m. at ACS, Bldg. 2091, SB. Level L teaches the participant more advanced leadership skills.
- (4) **Winning at Time Management (AFTB Level G, Module 10):** Feb. 4, 9:30-11 a.m. at ACS, Bldg. 2091, SB. Personal growth encourages growth into a community leader.
- (5) **Military Social Functions & Military Benefits and Entitlements (AFTB Level K, Modules 5 & 6):** Feb. 5, 5:30-7:30 p.m. at ACS, Bldg. 2091, SB. Military knowledge introduces participants to the basic skills and knowledge needed to be successful in your military life.
- (6) **Supporting Others Through Coaching and Mentoring (AFTB Level L, Module 7):** Feb. 10, 5:30-7:30 p.m. at ACS, Bldg. 2091, SB. Level L teaches the participant more advanced leadership skills.
- (7) **Military Knowledge (AFTB Level K):** Feb. 17-18, 9 a.m.-2 p.m. at NCO Academy. This two-day class includes all of the modules in AFTB Level K. Military Knowledge introduces participants to the basic skills and knowledge needed to be successful in your military life.
- (8) **Resilience Training:** Every 1<sup>st</sup> Tuesday of each month, 9 a.m.-12 p.m. at ACS, Bldg. 2091, SB. Training for family members and Soldiers that are willing to take calculated, necessary risks in order to capitalize on opportunities. They have the ability to grow and thrive when faced with challenges and bounce back from adversity.
- (9) **Treasurer – FRG Training:** Jan. 14, Feb. 24; at 9 a.m.-12 p.m.; also Jan. 10, 9 a.m.-2:30 p.m. at ACS, Bldg. 2091, SB. This class teaches FRGs procedures on how to set up their Informal Fund Account: to open a bank account, set up a ledger, create monthly reports, and prepare for handover and annual audits, VMIS.

**(10) Fund Management – FRG Training:** Feb. 24 at 9 a.m.-12 p.m., ACS, Bldg. 2091, SB. Teaches procedures/policies about fundraising and spending FRG informal funds, including USARHAW policies.

**(11) FRG 101 – FRG Training:** Jan. 15, 5:30-8:30 p.m.; Jan 20, 9 a.m.-12 p.m. at ACS, Bldg. 2091, SB. Overview of FRG's mission and purpose, regulations governing FRG program, roles and responsibilities.

**(12) FRG Leader – FRG Training:** Jan. 15, 5:30-8:30 p.m.; Jan. 20, 9 a.m.-12 p.m. at ACS, Bldg. 2091, SB. Teaches the role of an FRG leader with having good communication with commander, maintaining rosters, selecting effective volunteers, choosing meeting topics, planning appropriate events, preparing continuity books, VMIS.

**(13) Key Caller – FRG Training:** Feb. 12, 5:30-8:30 p.m.; Feb. 17, 9 a.m.-12 p.m. at ACS, Bldg. 2091, SB. Teaches how to create connections with families, share information through email and phone calls, dispel rumors, and handle crisis calls, VMIS.

**i. Relocation Readiness Program, Charlyn Sales, (808) 655-4ACS**  
[www.himwr.com/making-a-move](http://www.himwr.com/making-a-move)

**(1) USARHAW Community Readiness Expo:** Jan. 15, 22, 29; Feb. 5, 12, 19, 26; March 5, 12, 19, 26; at 9 a.m.-3 p.m. at the Nehelani. Designed to support both Soldiers and families new to Hawaii and/or preparing for deployment. Over 30 USARHAW service providers will be available to share information to increase community member awareness regarding services and programs.

**j. Soldier and Family Assistance Center (SFAC), Hank Cashen, (808) 655-1261/7171**  
[www.himwr.com/Soldier-a-Family-Assistance](http://www.himwr.com/Soldier-a-Family-Assistance)

**(1) Small Business Seminar:** Jan. 27, Feb. 24, March 31; at 5-8 p.m. at SFAC, Bldg. 663. A seminar conducted by Small Business Administration/SCORE representatives for individuals who are interested in starting their own small business enterprise.

**(2) Disabled American Veterans Service Officer:** Tuesdays-Thursdays, 8:30 a.m.-12:30 p.m. at SFAC, Bldg. 663. DAV service officer is available to assist transitioning Soldiers to submit medical claims to the VA.

**k. Survivor Outreach Services (SOS) Program, Catherine Ignacio, (808) 438-1956/1955**  
[www.himwr.com/survivor-outreach-services](http://www.himwr.com/survivor-outreach-services)

**(1) SOS Support Meeting:** Jan. 27; Feb. 10, 24; March 10, 24; at 10-11 a.m. at the SOS center. A support meeting for surviving families of active duty service members.

**(2) Friday with Friends:** Jan. 24; Feb. 6, 20; March 6, 20; at 9 a.m.-12 p.m. at the SOS center. A support meeting held for surviving families of active duty service members.

**3. Child, Youth and School Services, Hyacinth Smith, Coordinator, (808) 656-0093**  
[www.himwr.com/cyss-welcome-page](http://www.himwr.com/cyss-welcome-page)

**a. CYS Services, Tommie Holley, Child Administrator, (808) 656-0095**

**(1) All Child Development Centers (CDC)** will be closed for annual training on Feb. 13, Locations: SB CDC, FS CDC, Bowen CDC, AMR CDC, Petersen CDC, and HMR CDC. All CDCs will be closed for annual training on Feb. 13. This date was selected to minimize any inconvenience to military families as it coincides with a scheduled training holiday. The Army has established mandatory annual training requirements for CDC staff. Most training requirements are completed during duty hours, and occasionally



on weekends. Some of the training requirements that cannot be completed during normal duty hours while caring for children will be accomplished during this closure.

**b. Family Child Care (FCC), Angela Austin, FCC Director, (808) 655-0747**

(1) **FCC homes and FCC Office** will be closed for annual training on Jan. 16.

(2) **FCC New Applicant Briefing:** Feb. 13, March 13; 9:30-11:30 a.m., location TBA. For authorized military family members interested in pursuing FCC Certification. Reservations are required; contact the FCC office at (808) 655-8373.

**c. CYS Services, Corinne Burns, Youth Administrator, (808) 656-0127**

(1) **New Family Orientation:** Jan 15, 6:30 p.m., AMR Youth Center. Overview of the Middle School and Teen Program and tour of Youth Center. Light refreshments served.

(2) **Martin Luther King Jr. National Day of Service:** Jan. 16, FS SAC and Youth Center. In partnership with Boys and Girls Club of America (BGCA), the youth will conduct service projects, which bring awareness to local and global issues.

(3) **Martin Luther King's (MLK) Day of Service:** Jan. 17, Schofield Youth Center. Schofield Youth Center and AMR Youth Center youth will partner up to do a service project that commemorates Martin Luther King.

(4) **Fine Art Exhibit:** Jan. 23, Schofield Youth Center. This is open to the community. An exhibit to display all of the creative art that the youth/teens have produced.

(5) **Valentine's Day Family Dinner:** Feb. 13, time TBD, FS School Age Center (SAC) and Youth Center. Open to youth, teens and family members. This is an opportunity to showcase our facility/program.

(6) **Color Run:** March 1, time TBD, FS SAC and FS Youth Center. Color Run at FS. Open to the community.

(7) **Iron Chef Cook Off:** March 14, 1 p.m., AMR Youth Center. Assembling 4H Cooking Club members and interested youth will put together their cooking skills and creating a food presentation.

(8) **Spring Camp:** March 16-20, All School Age and Youth Centers.

(9) **Pacific Teen Panel:** Pacific Teen Panel (PTP) is looking for interested teens that want to serve on the PTP for the AMR/Tripler/FS communities. Must be registered with CYS Services, in the 9-11th grade, and participate in youth activities. PTP participants are advocates for their peers, participating in monthly teleconference calls or video teleconference with other youth in the Pacific. For more info, call the AMR Youth Center at (808) 833-0920 or FS Middle School and Teen Program at (808) 438-6470.

**d. Youth Sports, Brendyn Agbayani, (808) 655-6465**

[www.himwr.com/youth-sports](http://www.himwr.com/youth-sports)

(1) **Youth Sports is Looking for Volunteer Coaches & Referees @ Youth Sports Offices:** If you would like to serve as a positive role model for our youth participating in our youth sports program, please contact your nearest Youth Sports Office today at (808) 836-1923 for AMR/FS and (808) 655-6465 for SB.

(2) **Youth Basketball and Cheerleading Season:** Jan. 31-March 21. Practices and games will be held at Bennett Youth Center for Schofield, HMR, Wheeler and AMR gyms for AMR and FS. Practices began on Jan. 6.

- (3) **Youth Baseball Open Registration:** Jan. 1-31. First-time participants and renewals must first register at CYS Services registration office at AMR, 833-5393, or SB, 655-5314. Ask the registration clerk about the multi-child reduction fee.
- (4) **Youth Wrestling Open Registration:** Jan. 1-31. First-time participants and renewals must first register at CYS Services registration office at AMR, 833-5393, or SB, 655-5314. Ask the registration clerk about the multi-child reduction fee.
- (5) **Youth Track & Field Open Registration:** Feb. 2-27. First-time participants and renewals must first register at CYS Services registration office at AMR, 833-5393, or SB, 655-5314. Ask the registration clerk about the multi-child reduction fee.
- (6) **Youth Sports Home School P.E.:** Youth Sports is currently conducting P.E. Classes for our military home school Families. Cost is free. You may purchase a Home School P.E shirt for \$7. If you are interested in participating contact your nearest sports office to find out when the next session will be starting. For more information, visit [www.armyhawaiiyouthsports.com](http://www.armyhawaiiyouthsports.com) or call SB, (808) 655-6465, or AMR, (808) 836-1923.

**e. Parent & Outreach Services, Synthia McNamara, (808) 655-4090**

[www.himwr.com/parent-central-services](http://www.himwr.com/parent-central-services)

- (1) **CYS Services Quarterly Family Advisory Board Meetings:** March 17, 6:15-7:15 p.m. at Schofield Youth Center; also March 18, 6:15-7:15 p.m. at FS SAC.
- (2) **Parent Education Workshops (Teen Topic):** March 17, 5:30-6:15 p.m. at Schofield Youth Center; also March 18, 5:30-6:15 p.m. at FS SAC.
- (3) **Parents' Night Out:** 6-11 p.m., South on Feb. 7 and March 7, AMR CDC (Bldg. 1783) and AMR SAC (Bldg. 1782); also North on Jan. 24, Feb. 21 and March 28 at Bowen CDC (Bldg. 1279) and Schofield SAC (Bldg. 1280). CYS Services continues to offer a Parents' Night Out to families in our military community. Reservations will be accepted on a first-come, first-served basis at the Parent Central Services (PCS) Office at AMR, (808) 833-5393, or SB, (808) 655-5314. To enrol in Parents' Night Out, children must be registered with CYS Services no later than Wednesday at noon prior to the event. Reservations may be taken as early as the Monday after the previous event.

**f. SKIES Unlimited Program, Kristine Tabbal, Director, (808) 655-9818**

[www.himwr.com/skies](http://www.himwr.com/skies)

- (1) **School of Knowledge, Inspiration, Exploration and Skills (SKIES):** To enroll in any SKIES *Unlimited* class, your child/youth must be a registered member of CYS Services. Once registration has been completed, your child is eligible to enroll in SKIES. This can be accomplished at either the SB or Aliamanu (AMR) Parent Central Services Offices. Visit [www.himwr.com/skies](http://www.himwr.com/skies) for class schedule.
- (2) **EDGE Home School Adventures, Jan. 14 & 21:** Hike the North side of Kaena Point on Jan. 14, as well as the Makapu'u Light House while watching for our seasonal Humpback whales on Jan. 21. Participants should be 1st-12th grade. Everyone must wear closed toe shoes and bring sun screen and water. The series includes both dates, Jan. 14 & 21, 8:30 a.m.-12 p.m., for \$20. Please call 655-9818 for more information and registration.
- (3) **Babysitting and CPR Classes for Teens:** Is your 12-18 year old interested in babysitting? SKIES *Unlimited* offers a free baby-sitting and CPR/First Aid course monthly. After class completion, 13 years and over students will be added to our super-sitter referral list. Participants must be registered with CYS Services. The next sessions are listed below, sign up at Bennett Youth Center, today! For more information, please call (808) 655-9818.



Feb. 4 & 11, 4-7 p.m.: Baby-sitting

Feb. 18 & 25, 4-7 p.m.: CPR/First Aid

- (4) **SKIES *Unlimited* Pre-School Writing Workshop:** The understanding of writing words, letters and recognizing words will be incorporated. They will participate in class discussions and associate stating and writing words. See and comprehend the importance of communicating skills that will enhance their ability to reading aloud in an interactive group setting and or individual discussions will be provided for 3-5 years.
- (5) **SKIES *Unlimited* Pre-School Reading Workshops:** Our strategy is to help build a community of literacy for our preschoolers. The understanding of sounds, letters, opposites, combinations and recognizing words will be incorporated. They will participate in learning phonics to help them associate words with letters, use and understand their alphabets, learn the importance of communication skills that will enhance their listening skill, and reading aloud in an interactive group setting and or individual discussion will be provided for 3-5 years.
- (6) **SKIES *Unlimited* Babies in Motion:** A parent-assisted class where babies can better develop essential gross motor skills through movement activities, creative play and visual and auditory stimulation for 6-23 months.
- (7) **SKIES *Unlimited* Rhythm & Motion:** This pre-dance class introduces toddlers to the world of dance through movement, music and structured activities that enhance both gross and fine motor skills for 2 years.
- (8) **SKIES *Unlimited* Beginner Ballet/Tap Combo:** An introduction to the basic fundamentals of ballet and tap dance. Primary ballet terms and positions are presented and reinforced each week in a fun yet structured setting for 3-5 years.
- (9) **SKIES *Unlimited* Beginner Ballet/Tap Combo:** An introduction to the basic fundamentals of ballet and tap dance, along with a bit of jazz technique when time allows, for 6-9 years.
- (10) **SKIES *Unlimited* Intermediate Ballet/Tap Combo:** A continuation of concepts presented at the beginner level. Essential ballet positions and movements are reinforced and refined for 6-10 years.
- (11) **SKIES *Unlimited* Ballet/Tap Combo:** Basic fundamentals of ballet and tap dance, along with a bit of jazz technique when time allows, are covered in this class for 11-18 years.
- (12) **SKIES *Unlimited* Hip Hop:** An explosive, funky dance style that combines memory, coordination, rhythm, and lots of energy. The class will incorporate strength building and flexibility into floor progressions and fun choreography combinations for these age groups: 5-7 years old, 8-10 years old, and 11-18 years.
- (13) **SKIES *Unlimited* Social Ballroom/ Performance Ballroom:** An introduction to American ballroom and Latin dance styles. The class will cover the basic principles of waltz, swing, cha-cha, tango and more for 10-18 years.
- (14) **SKIES *Unlimited* Yoga Dance:** Designed for children to promote physical and mental flexibility and strength through dance and play for 3-18 years.
- (15) **SKIES *Unlimited* The Art of Middle Eastern Dance:** Students learn the basic elements and combinations, emphasizing the isolation of the hips, stomach and chest for 5-18 years.
- (16) **SKIES *Unlimited* Hula:** Hawaii dance and culture where students will learn a little about the language and instruments for 3-18 years.

- (17) **SKIES *Unlimited* Hawaiian Cultures:** Program will focus on Hawaiian culture, language and crafts for 7-18 years old.
- (18) **SKIES *Unlimited* Tumbling:** Skills based on progression through strength, flexibility and conditioning for 4-18 years.
- (19) **SKIES *Unlimited* Theatre 1:** Basic acting skills and terminology, including, but not limited to, improvisation, pantomime, monologues and scenes. During a show, this serves as the rehearsal time for the younger ensemble and featured roles for ages 6-9 years.
- (20) **SKIES *Unlimited* Theatre 2:** Beginner-Advanced acting skills and terminology, at the individual's pace, including, but not limited to, improvisation, pantomime, monologues, and scenes. During a show, this serves as the rehearsal time for the older principle roles and older ensemble and featured roles for ages 10-18 years.
- (21) **SKIES *Unlimited* Vocal/Music Technique:** Voice lessons for 6-18 years.
- (22) **SKIES *Unlimited* Mini Mozart:** Parent-assisted keyboard class for 3.5-6 years.
- (23) **SKIES *Unlimited* Keyboard:** Is a great alternative to traditional piano methods that assume every student wants to be a classical pianist. Students learn note reading, chord theory and improvisation while playing music ranging from Bach to Rock. Intro to Keyboard utilizes the latest multimedia technology to create a new learning experience for piano students that teaches basic piano skills, music theory, and makes playing fun. Students will not only learn how to read music, but also how to create their own original compositions for 7-18 years.
- (24) **SKIES *Unlimited* Guitar:** Introduce students to basic rhythm and strumming patterns. Students will also learn basic reading of tablature and rhythm notation, as well as beginning chord theory for 7-18 years old.
- (25) **SKIES *Unlimited* Drums:** Beginning drum students will start with concepts that include how to hold sticks, keeping tempo, counting beats, understanding rhythm patterns, snare drum rudiments, hi-hat and cymbal techniques. Students are also introduced to important musical concepts that will prepare them for their roles "the drummer" in a band for 7-18 years.
- (26) **SKIES *Unlimited* Rock School:** Rock School was created with the understanding that, for a student to have the most enjoyable and rewarding musical experience, they must do more than just take lessons and practice. At Rock School, we have made performing live in your own rock band a reality for 7-18 years.
- (27) **SKIES *Unlimited* Spanish:** The foundation of each class includes activities that students complete in order to experience new vocabulary and grammar through movement, basic conversation, art, and cultural lessons for 18 months to 18 years.
- (28) **SKIES *Unlimited* Drivers Ed. 101:** The program consists of 30 hours of classroom instruction and 6 hours of behind the wheel driving instruction with a state certified instructor for 15-18 years.
- (29) **SKIES *Unlimited* Baby Sitting & CPR Course:** Participants will receive hands-on training in a fun learning environment using the Army/4-H curriculum for 12-18 years.
- (30) **SKIES *Unlimited* Kenpo Karate:** Class is an ancient Okinawan art of self- defense in which bare hands, arms and feet are used as weapons. The term "Karate" when translated means empty hands for 5-18 years.

(31) **SKIES Unlimited Taekwondo:** The national sport of Korea, students will build confidence, alertness, discipline and maturity, as well as physical fitness and the ability to defend themselves, if necessary. Students here will develop a deep sense of respect for themselves and others, for 6-18 years.

(32) **SKIES Unlimited Lil Ninjas:** Basic foundation to martial arts lessons during which students achieve coordination, motor skills, increased concentration and social skills for 3-5 years.

(33) **SKIES Unlimited Arts:** Explore and express the beauties of the natural world through painting, mosaics, beading, sculpture, clay, and collage for 3-12 years.

(34) **SKIES Unlimited Sewing:** Learn about the most commonly used stitches and adjustments, seams and more, to create various projects, for 9-18 years.

#### 4. School Liaison Office, Wendy Nakasone, School Support Services Director, (808) 655-8326

[www.himwr.com/hawaiischools](http://www.himwr.com/hawaiischools)

- a. **CYS Services School Liaison Office Open at AMR:** Office hours are Tuesdays and Thursdays from 9 a.m.-4 p.m. The office is located in Bldg. 1782 next to the SKIES studio.
- b. **Martin Luther King Day Holiday:** Jan. 19, schools closed.
- c. **Joint Venture Education Forum (JVEF) Board Meeting:** Feb. 12, 9-10 a.m. at AMR Community Center.
- d. **Presidents' Day Holiday:** Feb. 16, schools closed.
- e. **Joint Venture Education Forum (JVEF) Strategy Group Meeting:** March 12, 9-10:30 a.m. at AMR Community Center.
- f. **Hawaii DOE Schools Third Quarter Ends:** March 13.
- g. **Spring Break Holiday:** March 16-20, Hawaii DOE schools will be closed. Please check your child's school calendar for additional school holidays like Teacher Professional Days. School Administrative Office will be open.
- h. **Kuhio Day Holiday:** March 26, schools closed.
- i. **Big Brother Big Sister Military Mentoring Program Registration:** Youth of active duty military personnel are encouraged to participate in Big Brother Big Sister Military Mentoring Program (BBBSMMP). Military youth can be matched with a military or civilian adult that can serve as a mentor for them to assist in their personal development emotionally, mentally and physically. Ages 9-17 years.

#### 5. Community Recreation Division, Ronald Locklar, (808) 656-0087

[www.himwr.com/recreation-and-leisure](http://www.himwr.com/recreation-and-leisure) and [www.himwr.com/sport-a-fitness-new](http://www.himwr.com/sport-a-fitness-new)

##### a. Special Events, Aubrey Kiemnec, Chief, (808) 655-0110

[www.himwr.com/special-events/special-events-office](http://www.himwr.com/special-events/special-events-office)

**Address:** 919 Humphreys Road, Bldg. 572, Rm. 211, Schofield Barracks

- (1) **Fun Fest Fundraising Info Meeting:** Feb. 3, 9 a.m., Arts and Crafts, Bldg., 572. Informational meeting for FRGs and units regarding fundraising opportunities at Fun Fest and Earth Day on Saturday, April 4 from 9 a.m.-2 p.m. at Weyand Field.
- (2) **Fun Fest Fundraising Lottery:** March 3, 9 a.m., Arts and Crafts, Bldg., 572. FRGs and units present will be entered into a lottery for fundraising opportunities at Fun Fest. Organizations must have all there

fundraising paperwork turned into Brandon Goo, (808) 656-0104, by Feb. 27 to be eligible. Paperwork is available at [www.himwr.com/support-services/fundraising](http://www.himwr.com/support-services/fundraising).

**b. Tropics Recreation Center, Melania Silva, (808) 655-5698**

[www.himwr.com/recreation-and-leisure/tropics/tropics](http://www.himwr.com/recreation-and-leisure/tropics/tropics)

Address: 1470 Foote Street, Bldg. 589, Schofield Barracks, HI 96857-5019

Must be 18 and above.

- (3) **Tropics Kitchen Closed for Renovation, Limited Menu:** The Tropics kitchen is closed for renovation. The Tropics Ono Snack Bar will be open with a limited menu serving beverages and snacks only. The Grand Re-Opening of the Tropics Snack Bar is scheduled for April 2015. Please check back for an updated renovation status. With this renovation customers will get: a brand new full bar; a redesigned bar layout; additional TV screens behind the bar; upgraded beverage and food menus; and a nice, new play to relax after work. Thank you for your patience while we upgrade this facility. For more information, call (808) 655-5698.
- (4) **Conference Championship:** Jan. 18. Doors will open upon the start of the first game.
- (5) **Speed Dating:** Jan. 16, 7 p.m. at Tropics Recreation Center.
- (6) **All White Attire Hip-Hop/R&B Night:** Jan. 17, 9 p.m.-2 a.m., Tropics Recreation Center. Wear all white for this hip-hop and R&B party with drinks and dancing all night. DOD cardholders 18 and over are invited. The DJ will start shredding at 9:30 p.m. Get pumped!
- (7) **Pro Bowl:** Jan 25, Tropics Recreation Center. Join us and watch the game on our 16-foot blow-up screen.
- (8) **Super Bowl Party:** Feb. 1, 11 a.m., until post game coverage ends, at Tropics Recreation Center. Enjoy NFL championship viewing, and delicious food and drinks. Root for your team during the big game.
- (9) **Country Night:** Feb. 7, 9 p.m., Tropics Recreation Center. Live entertainment, line dancing, bull competition, and drink special
- (10) **Speed Dating:** Feb. 13, 7 p.m., Tropics Recreation Center.
- (11) **Single Soldiers Masquerade Ball:** Feb. 14, 5 p.m.-12 a.m., Hale Koa Hotel. Enjoy an evening of mystery, dancing and entertainment. Transportation will be provided from SB (Tropics, 4 p.m.) and FS (Theater, 4:30 p.m.). The cost is \$80 per person. Tickets can be purchased at Tropics Recreation Center. The last day to purchase tickets is Jan. 24.
- (12) **All White Attire Hip-Hop/R&B Night:** March 6, 9 p.m.-2 a.m., Tropics Recreation Center. Wear all white for this hip-hop and R&B party with drinks and dancing all night. DOD cardholders 18 and over are invited. The DJ will start shredding at 9:30 p.m. Get pumped!
- (13) **Pop Rock Weekend:** March 13 & 14, 9 p.m.-2 a.m. Listen to music from Van Halen, Nirvana, Pearl Jam and many more.
- (14) **St. Patrick's Day at the Tropics:** Join us on St. Patrick's Day, March 17. For more information, please visit us at [www.himwr.com](http://www.himwr.com).
- (15) **Latin Late Night Weekend:** March 20 & 21, 9 p.m.-2 a.m. Enjoy a fun filled night with Latin music.
- (16) **Country Night Weekend:** March 27 & 28, 9 p.m.-2 a.m. Live entertainment, line dancing, bull competition, and drink specials.

ABBREVIATIONS: ACS-Army Community Service; AMR-Aliamanu Military Reservation; Bldg.-Building; FMWR-Family and Morale, Welfare and Recreation; FD-Fort DeRussy; FRG-family readiness group; FS-Fort Shafter; HMR-Helemano Military Reservation; SB-Schofield Barracks; TAMC-Tripler Army Medical Center; USARHAW-U.S. Army-Hawaii; WAAF-Wheeler Army Airfield

**(17) Ping Pong Competition:** Every Thursday, 6 p.m. No buy in; just bring your best poker face. Sign in at 5:30 p.m.

**(18) Texas Hold ‘Em:** Every Thursday, 6 p.m., Tropics Recreation Center. No buy in; just bring your best poker face. Sign in at 5:30 p.m.

**c. Intramural Sports, Richard Kam, Army Hawaii Sports Director, (808) 655-0101**

Sports Office: 730 Leilehua Ave., Bldg. 645, SB  
USAG-HI Athletic & Intramural Sports: (808) 655-0856  
Schofield Barracks/WAAF Intramurals: (808) 655-9650  
FS/TAMC Intramurals: (808) 655-9914  
[www.himwr.com/sports](http://www.himwr.com/sports)

**(1) New Year’s Softball Tournament:** Jan. 5-16, Stoneman Softball Complex, 6-9 p.m. This tournament is open to the Army Hawaii community. There is a \$200 entry fee for each team entered.

**(2) Army Hawaii Intramural Basketball League:** League play starts Jan. 20-March 27. FS/TAMC Basketball League at FS PFC, 6-8 p.m.; Tuesday, Wednesday and Thursday, each week. Also, Schofield/WAAF Basketball League at Martinez PFC, 6-9 p.m., Monday-Thursday, each week.

**(3) Army Hawaii Intramural Soccer League:** League plays start Jan. 20-March 27 for FS/TAMC and Schofield/WAAF leagues, at TAMC Field and/or Stoneman Sports Complex, 6-9 p.m., Monday and Wednesday, each week.

**(4) Army Hawaii Battalion Level Soccer Championships:** March 16-27, TAMC Field, 6-9 p.m. each night.

**d. Fitness**

**SB Health & Fitness Center,** 1554 Trimble Road, Bldg. 582, SB; (808) 655-8007  
**FS Physical Fitness Center,** 170 Chapplear Road, Bldg. 665, FS; (808) 438-1152  
**TAMC Physical Fitness Center,** 921 Krukowski Road, Bldg. 300; (808) 433-6443  
**AMR Physical Fitness Center,** 176 Kauhini Road, Bldg. 1780; (808) 836-0338  
**HMR Physical Fitness Center,** 441 Kuapale Road, Bldg 25; (808) 653-0719  
[www.himwr.com/fitness-centers](http://www.himwr.com/fitness-centers)

**(1) Fitness Resolution:** Jan. 17, 8:30-11:30 a.m., Health & Fitness Center. Cost is free. Enjoy 15-minute previews of our group fitness classes, health assessments given by personal trainers, open house rock wall climbing, and knowledgeable sports & fitness vendors.

**(2) Personal Training:** By appointment only, Health & Fitness Center. Call (808) 381-5944 to schedule an appointment with Kristy Osborn.

**(3) Unit PT:** By appointment only at Health & Fitness Center. Call (808) 381-5944 to schedule an appointment with Kristy Osborn.

**(4) R.I.P.P.E.D.:** Mondays and Fridays, 8:30-9:30 a.m.; Wednesdays, 9:45-10:45 a.m.; at Health & Fitness Center. Cost is \$4. This full-body workout combines the best of both worlds. You'll switch back and forth from weight training sets and cardio intervals.

**(5) Cycle:** Mondays, 11:45 a.m.-12:30 p.m. and 5:30-6:20 p.m.; Tuesdays, 8:30-9:30 a.m.; Wednesdays, 5:30-6:20 p.m.; Thursdays, 8:30-9:30 a.m.; Saturdays, 10:15-11:15 a.m.; Health & Fitness Center. Cost is \$4, except the Monday, 5:30 p.m. class that is free. Work on your endurance with this low-impact cardio class. Your heart rate will be high as you ride up hills, sprint on straights, and peddle to the music.

- (6) **Zumba:** Monday-Thursday, 6:20-7:20 p.m., indoors; Saturdays, 9-10 a.m., indoors; Thursday-Friday, 9-10 a.m., outside at tennis courts; Health & Fitness Center. Cost is \$4. Dance your way to fitness in this fun and effective Zumba class. The class will maximize your time and energy by burning hundreds of calories in just one hour.
- (7) **TRX:** Tuesdays and Thursdays, 9:45-10:45 a.m., through Dec. 31, Health & Fitness Center. Cost is \$4. Come sweat in this full body workout. Challenge your muscles, strength and balance in this exciting TRX class.
- (8) **Boot Camp:** Health & Fitness Center; Tuesdays, Thursdays; 5:30-6:20 p.m. Cost is \$4. Pump up your muscles in this boot camp class where you will use a variety of equipment to tone and build your muscle mass. Low/medium weight and high reps create a very effective routine.
- (9) **Cardio Kickboxing:** Health & Fitness Center, Wednesdays, 8:30-9:30 a.m. Cost is \$4. Kick and punch your way to fitness in this non-contact, yet high-intensity class.
- (10) **Yoga:** Health & Fitness Center, Saturdays, 8-9 a.m. Cost is \$4. Work on your balance and flexibility while you find your happy, zen place in this yoga class. The class is open to all levels.
- (11) **Bring Your Offspring to Boot Camp:** SB on Ralston Field; Tuesdays, Thursdays; 8:30-9:30 p.m. Cost is \$60 for six weeks or \$7 per drop-in class. The boot camp consists of full-body resistance training and a few cardio intervals to maximize your calorie burn.
- (12) **Zumbini:** Health & Fitness Center, Thursday, 11-11:45 a.m. Cost is \$145 for 10 weeks or \$15 for drop-in. Teach your little one to SOAR. This Zumba-inspired music class is offered in a 10-week session package. The class is limited to 10 children and comes with a music book and two CDs. During each 45-minute weekly class, your child (ages 0-3) will participate in music and movement. Props are used to enhance the experience. This class is on a reservation basis, so please call ahead to reserve your spot at (808) 381-5944.
- (13) **Leprechaun Run:** Health & Fitness Center, March 14, 8 a.m., 5K run on SB. Open to military ID cardholders. Registration begins on Feb. 13 at all Fitness Centers. Cost is \$20 with a T-shirt, or \$12 without a T-shirt. No refunds will be given. Costumes are encouraged and prizes will be awarded. For information, please call (808) 655-8789.
- (14) **FS Bench Press Challenge:** FS PFC, Jan. 15, during PFC business hours (5:30 a.m.-8:30 p.m.). Compete in two categories: Max Press Body Weight Percentage and 225-Pound Repetitions (ladies compete at 115 pounds). Entry fee is \$5; deadline to register Jan. 14. Target audience FS PFC customers. POC is Mike Smyrychynski at (808) 438-1152.
- (15) **Step-fitness:** Mondays, 4:30-5:30 p.m., TAMC PFC. Cost is \$4. This class includes strength training and abdominal workout. Please call (808) 433-6443 for more information.
- (16) **Cardio Kickboxing:** Wednesdays, 4:30-5:30 p.m., TAMC PFC. Cost is \$4. This class includes strength training and abdominal workout. Please call (808) 433-6443 for more information.
- (17) **Zumba Fitness:** Fridays, 4:30-5:30 p.m., TAMC PFC. Cost is \$4. Please call (808) 433-6443 for more information.
- (18) **Pilates:** Mondays & Wednesdays, 5:30-6:30 p.m., TAMC PFC. Please call (808) 433-6443 for more information.
- (19) **Daily Body Fat Percentage and Blood Pressure Assessment:** TAMC PFC. Please call (808) 433-6443 for more information.



**(20) 100 Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.

**(21) 250 Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.

**(22) 500 Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.

**(23) Free Throw Competition:** March 18, 7 a.m.-6 p.m., TAMC PFC. Cost is \$3 per person. For more information, please call (808) 433-6443.

**(24) Professional Therapeutic Massage:** By appointment only, AMR PFC. Therapeutic and clinical licensed massage therapist with over 16 years experience, Suzanne Remington, is taking appointments. Cost for ½ hour is \$30; one hour is \$50; 1 ½ hour is \$80; two hours is \$110. For packages, buy four (one-hour massages), get one free. Buy four (1 ½ hour massages), get one free. To schedule an appointment, call (808) 341-6906 or visit [www.deepmyomassage.com](http://www.deepmyomassage.com).

**(25) Run/Walk 100 Mile Club:** HMR PFC. Recreation assistant will annotate the date and distance that each participant completed each day on a log/journal. For more information, please call (808) 653-0719.

**(26) 100,000 Steps:** HMR PFC. Keep track of how many steps you take when you utilize our facility. For more information, please call (808) 653-0719.

e. **Pools, Momi Smith, Aquatics Director**

**Richardson Pool,** Bldg. 578, Cadet Sheridan Rd., SB; (808) 655-9698

**TAMC Pool,** 521 Krukowski Rd., Bldg. 300, TAMC; (808) 433-5257

[www.himwr.com/aquatics](http://www.himwr.com/aquatics)

**(1) Mission Swim:** Mondays, Wednesdays, Thursdays & Fridays; 6-9 a.m.; Richardson Pool. Must reserve pool areas at least two weeks in advance, in person, at the front desk.

**(2) Adult Lap Swimming:** Daily, 11 a.m.-3 p.m., Richardson Pool.

**(3) Community Swim:** Daily, 3-5 p.m., Richardson Pool.

**(4) Open Swim:** Saturday and Sunday, 11 a.m.-5 p.m., Richardson Pool.

**(5) Swim Lessons:** Richardson Pool. One-on-one swim lessons; \$80 for five, half-hour classes. All classes to be determined with an instructor upon registration and instructor availability.

**(6) Semi-Private Learn to Swim Lessons:** At Richardson Pool. Two students to one instructor; \$120 for five half-hour classes.

**(7) Mission Active Duty Soldier PT/Adult Swimming:** From 6-8:30 a.m., TAMC Pool.

**(8) Water Therapy for Wounded Warriors:** From 7:30- 8:30 a.m., TAMC Pool. Taught by the Physical Therapy Department, weekdays.

**(9) Adult Lap Swim:** From 11 a.m.-1 p.m.; Mondays, Tuesdays, Thursdays & Fridays; TAMC Pool.

**(10) Community Swim:** From 1-5 p.m.; Mondays, Tuesdays, Thursdays & Fridays; TAMC Pool.

- (11) **Private Swim Lessons:** At TAMC Pool. One-on-one swimming lessons; \$80 for five, half-hour classes. All classes will be determined with an instructor upon registration and instructor availability.
- (12) **Semi-Private Learn to Swim Lessons:** At TAMC Pool. Two students to one instructor; \$120 for five/30 min classes
- (13) **Learn to Swim Schofield Barracks:** Session #1: March 9, 11-13, 16, 18-20. Multiple class levels and times offered. Parent and Tot (3 years old+) 11:30 a.m.-12 p.m.; Level One, 3-3:30 p.m.; Level Two, 3:30-4 p.m.; Level Three, 4-4:45 p.m.; Levels Four and Five, 4-4:45 p.m.; Adults ages 15 and above, 4-4:45 p.m. \*Registration: March 7 & 8, 9 a.m.-12 p.m. each day until filled. Classes will be determined on instructor availability, first-come, first-served. **All children must be registered through CYS Services prior to signing up for swimming lessons (mandatory).** Class cost: eight/30 min classes \$60, eight/45 min classes for \$70.
- (14) **Learn to swim at AMR Pool:** Session #1: March 9, 10, 12, 13, 16, 17, 19 & 20. Multiple class levels and times offered. Level One, 3-3:30 p.m.; Level Two, 3:30-4 p.m.; Level Three, 4-4:45 p.m.; Levels Four and Five, 4-4:45 p.m.; Adults ages 15 and above, 4-4:45 p.m. \*Registration: March 5-7, 9 a.m.-12 p.m. each day until filled. Classes will be determined on instructor availability, first-come, first-served. **All children must be registered through CYS Services prior to signing up for swimming lessons (Mandatory).** Class cost: eight/30 min classes \$60, eight/45 min classes for \$70.
- (15) **Water Aerobics Class:** Schofield Barracks Pool and AMR Pool beginning in March from 11 a.m.-12 p.m. Call SB Pool at (808) 655-9698, or AMR Pool (after Feb. 20) at (808) 833-6550.
- (16) **Pool Parties Available:** Inquire within for reservations and pricing: SB Pool, (808) 655-9698; AMR Pool (after Feb. 20) (808) 833-6550; HMR Pool (808) 653-0716; or TAMC Pool (until Feb. 14) (808) 433-5257.

f. **Sgt. Yano Library – Amy Nogami, (808) 655-8002**  
[www.himwr.com/recreation-and-leisure/libraries](http://www.himwr.com/recreation-and-leisure/libraries)

- (1) **Preschool Story Times:** Jan. 21 and Feb. 4, 18; at 10-10:45 a.m. Children 3-5 years old listen to stories, sing and dance, and make a craft.
- (2) **Teen Manga Club:** Jan. 28 and Feb. 11, 25; at 3-3:45 p.m. Bring your fan art, ideas for manga programs, and suggestions for purchase, for ages 12-17.
- (3) **Blind Date with a Book:** Is the entire month of February. Take a chance. Try something new. Fall in love. It doesn't matter if you're a swinging single or committed lovebird; we want you to date ... a book! During the month of February, stop by the library to check out one of our specially wrapped books. There will be some descriptive words on the wrapper to peak your interest, but otherwise, it will be sight unseen. When you return the book, you'll be able to rate your date and enter a prize drawing for a Starlite Waikiki Dinner and Fireworks Cruise for two.
- (4) **Signing Story Time:** Feb. 9, 6-6:45 p.m. Join us for another Signing Story Time. We'll be reading more fun stories in English and American Sign Language (ASL) and make a craft. The theme will be Valentine's Day.
- (5) **Afterschool at the Library Happy Valentine's Day:** Feb. 11, 3-4 p.m. Children ages 6 and up are invited to hear stories and make a Valentine's Day craft.
- (6) **Chinese New Year:** Feb. 18, 3-4:30 p.m. Ring in the Chinese New Year by making lanterns to brighten your celebration. We'll supply the materials; you bring your imagination. This event is for tweens, teens, and adults.

- (8) **Manga Meet Up with Audra Furuichi:** March 11, 3-4 p.m. The Teen Manga Club presents Manga Meet up. Join us this Teen Tech Week and meet local manga artist Audra Furuichi, the author of Nemu Nemu. She will be discussing her artwork and technology she used to create her name. Call 655-8002 to reserve your seat. For teens ages 12-17.
- (9) **St. Patrick's Day:** March 12, 2:30-3:45 p.m. Enjoy your Irish! Make a shamrock headband to celebrate St Patrick's Day. Appropriate for ages 5 and up. Free, no registration required.
- (10) **Teen Cosplay Party:** March 21, 1-3 p.m. The teen Manga Club will be throwing a Cosplay Party. Dust off your costume and let your creativity fly. Cosplay is an activity where people dress up as their favorite animated character. The event will include face painting, graffiti boards, poster and costume contests, and games. For teens ages 12-17. Register by calling 655-8002.

**g. FS Library, Chris Kobayashi, (808) 438-9521**

[www.himwr.com/recreation-and-leisure/libraries](http://www.himwr.com/recreation-and-leisure/libraries)

- (1) **Preschool Story Times, Tuesdays:** Jan. 20 and Feb. 3, 17; at 10-10:45 a.m. Children 3-5 years old listen to stories, sing and dance, and make a craft.
- (2) **Mad Science Presents Up, Up and Away:** Jan. 28, 3-3:45 p.m. The Mad Scientist introduces the principles of air and pressure. Hot air balloons, vortex generators and even a hovercraft will help children understand the power of air.
- (3) **Blind Date with a Book:** Entire Month of February. Take a chance. Try something new. Fall in love. It doesn't matter if you're a swinging single or committed lovebird; we want you to date ... a book! During the month of February, stop by the library to check out one of our specially wrapped books. There will be some descriptive words on the wrapper to peak your interest, but otherwise, it will be sight unseen. When you return the book, you'll be able to rate your date and enter a prize drawing for a Starlite Waikiki Dinner and Fireworks Cruise for two.
- (4) **Make n Take:** Feb. 4, 3-4 p.m. Drop by the library to weave a Valentine heart. All ages welcome, though young children will need parental assistance.
- (5) **Fairy Story Time:** Feb. 18, 3-3:45 p.m. Visit the library for a special afternoon story time. Harmony will be at the library presenting a fairy story time. For ages 3 and up.
- (6) **Celebrate Women's History:** March 18, 3-4 p.m. Visit the library to hear about Betsy Ross and the part she played in American history and then make your very own Colonial flag to take home! All supplies will be provided. No registration required.

**h. Outdoor Recreation Branch, Shelly K. Leslie, (808) 655-0143/655-8522**

[www.himwr.com/recreation-and-leisure/outdoor-recreation-center](http://www.himwr.com/recreation-and-leisure/outdoor-recreation-center)

Address: 435 Ulrich Way, Bldg. 2110/2106, Schofield Barracks, HI 96857

- (1) **Stand Up Paddle Boarding:** Jan.17, 8:30 a.m.-12:30 p.m. Costs \$59/person. We will take you and provide all the equipment, instruction and fun, as we teach you the latest fun ocean/lake and river sport. This is a Level I program. All you need is to be able to swim, sunscreen, towel and a sense of adventure. Must sign up by Friday at noon the day before the program.
- (2) **NOAA Whale Count:** Jan. 31, 7 a.m.-12 p.m. Cost is \$10/person. Come out and help NOAA count our annual migration of humpback whales. ODR will transport you and provide water. Please bring a comfortable beach chair, binoculars (we have a few sets) and your eagle eyes. All training will be done onsite that morning. We will be at various sites around the island, based on NOAA assignment. Must sign up by Friday at noon the day before the program.

- (3) **Climbing 101:** Feb. 4 and 18, and March 4 and 18, 5:30-7 p.m.; also Feb. 5 and 19, and March 5 and 19, 1:30-3 p.m. Cost is \$15/person. Want a unique full-body workout? Come learn the basics of climbing a stationary wall with a pro. Don't have the right shoes? Don't worry, we have most sizes, and both instruction and shoes are included in the price. Must sign up by noon the day before program.
- (4) **Adventure Hike:** Feb. 7, 8 a.m.-12:30 p.m. Meet at ODR Bldg. 2110. Cost is \$20/person. Experience one of the most scenic sights on the east side of Oahu from the lighthouse grounds. A good beginner hike (path is asphalted), and don't forget to bring your camera. Transportation and fun provided. Must sign up by Friday at noon the day before the program.
- (5) **SPECIAL Lovers Stand UP Paddle Board Trip:** Feb. 14, 8:30 a.m.-12:30 p.m. Two for the price of one at \$59. Meet at ODR, and we will get your Valentine's Day started right. We will transport you to the very romantic and scenic Anahulu Bridge River that opens to the ocean. All equipment provided. Must sign up by Friday at noon the day before the program.
- (6) **MWR Pet Kennels Grand Opening:** Feb. 21, 11 a.m.-1 p.m. It's free. Come down and meet the highly performing Kennels Team and enjoy a freshly grilled hot dog and/or some catfish bites on us. We have moved to a new kennel location and want you to see exactly where we are, as well as see the happy dogs and cats that are staying with us.
- (7) **NOAA Whale Count:** Feb. 28, 7 a.m.-12 p.m. Cost is \$10/person. Come out and help NOAA count our annual migration of humpback whales. ODR will transport you and provide water. Please bring a comfortable beach chair, binoculars (we have a few sets) and your eagle eyes. All training will be done onsite that morning. We will be at various sites around the island, based on NOAA assignment. Must sign up by Friday at noon the day before the program.
- (8) **Hike and Whale Watch:** March 7, 8:30 a.m.-12:30 p.m. \$20/person. One of the world's largest and most majestic creatures is right on our doorstep here in Hawaii, the Humpback Whale. Come with Outdoor Recreation as we hike and whale watch. This is a great opportunity to see nature at its finest. Outdoor Recreation will provide transportation and guides; all you need to bring is water, snacks, sunscreen, and a good camera or set of binoculars. Must sign up by Friday at noon the day before the program.
- (9) **Stand Up Paddle Boarding 101:** March 28, 8:30 a.m.-12:30 p.m. \$59/person. Come learn the art of Stand Up Paddle Boarding with Outdoor Recreation as we cruise the Anahulu River on the North Shore of Oahu! This location is great for the whole family and usually has many opportunities for turtle spotting. Outdoor Rec. will provide the transportation, equipment, and instruction. All you need to bring is water, snacks, and sunscreen. Must sign up by Friday at noon the day before the program.
- (10) **Intro to Surfing:** March 21, 8:30 a.m.-12:30 p.m. \$59/ person. Learn to surf like a local with Outdoor Recreation! Come join Outdoor Rec. on the south shores of Oahu at White Plains. This is a great beginner location for all ages. Outdoor Rec. will provide the transportation, equipment, and instruction. All you need to bring is water, snacks, and sunscreen. Must sign up by Friday at noon the day before the program.

i. **FS Auto Skills – Carl Morinaga, (808) 438-9402**  
[www.himwr.com/recreation-and-leisure/auto-skills-and-storage](http://www.himwr.com/recreation-and-leisure/auto-skills-and-storage)  
Address: Bldg. 1535, Fort Shafter Flats

- (1) **Self-help Automotive Repair:** Facility is located on FS Flats. Guests can do simple oil changes to major engine repairs on their vehicles. Facility is equipped with vehicle lifts, equipment and tools. Just bring your own parts.

- (2) **Services:** Wheel balancing up to 31-inch wheels. Resurfacing of brake drums, discounted State of Hawaii vehicle inspections, and boat storage available with 24 hour access.
- (3) **Contract Mechanic for Hire:** Lum's Auto Service, Owner Darrin Lum, (808) 352-7129.
- (4) **Storage Shed Rental @ Schofield Barracks and Fort Shafter Auto Skills Centers:** Need more storage room? Rent a Storage Shed from either the Fort Shafter or Schofield Barracks Auto Skills Center's. Two sizes to choose from: Metal 8X6X5, \$40; Plastic 8X6X6, \$60; per month. To get more information and pricing, call Schofield Barracks Auto at (808) 655-9368, or Fort Shafter Auto at (808) 438-9402.

j. **SB Auto Skills, James (Jim) Casey, (808) 655-9368**  
[www.himwr.com/recreation-and-leisure/auto-skills-and-storage](http://www.himwr.com/recreation-and-leisure/auto-skills-and-storage)  
Address: Bldg. 910, Duck Rd., Schofield Barracks

- (1) **Self-Help Automotive Repair:** Facility is located at the corner of Duck and Lyman roads on Schofield Barracks. Guests can do simple oil changes to major engine repairs on their vehicles. Facility is equipped with vehicle lifts, equipment and tools. Just bring your own parts.
- (2) **Services:** Wheel balancing up to 31-inch wheels. Resurfacing of brake drums, discounted State of Hawaii vehicle inspections. Boat storage available with 24 hour access. Long-term vehicle storage is available. Storage sheds for rent.
- (3) **Contract Services Offered:** Tech-Center Hawaii for auto repairs. Available Wednesdays, Thursdays, Fridays, Saturdays; Sundays by appointment only. Owner is Joseph D'Amico, (808) 888-2931 or (808) 769-7464.
- (4) **Oscar's Auto Body and Repair:** Custom paint. Quality bodywork. Insurance claims. Free estimates. Owner is Oscar Reyes, (808) 861-0146.
- (5) **RV/Boat/Jet Ski Lot @ Schofield Barracks Auto Skills Center:** Not enough space? Store your recreation equipment with Auto Skills. \$4 for 16 foot & below, and \$50 for any above 16 feet. To get more information and pricing, call (808) 655-9368 SB Auto or (808) 438-9402 FS Auto.
- (6) **Long Term Vehicle Storage @ Schofield Barracks Auto Skills Center:** Deploying soon and need a place to store your vehicle? SB Auto Skills offers long term vehicle for deploying Soldiers for only \$40 per month. Stop by the SB Auto Skills Center for information or call at (808) 655-9368. NOTE: At SB Auto Only.
- (7) **Storage Shed Rental @ Schofield Barracks and Fort Shafter Auto Skills Centers:** Need more storage room? Rent a Storage Shed from either the Fort Shafter or Schofield Barracks Auto Skills Center's. Two sizes to choose from: Metal 8X6X5, \$40; Plastic 8X6X6, \$60; per month. To get more information and pricing, call SB Auto at (808) 655-9368, or FS Auto at (808) 438-9402.

k. **Schofield Arts & Crafts, Patti Honda, (808) 655-4202**  
[www.himwr.com](http://www.himwr.com)

- (1) **Custom Framing:** Offered Wednesday-Saturday throughout the year. Provide custom framing for Soldiers and their families. Customers are able to choose their own materials and set-up. Prices vary depending on their choices.
- (2) **Do-It-Yourself Framing:** Offered Wednesday- Saturday throughout the year. Customers obtain framing certification from another military installation. By presenting the certification card, customers can build their own frames without assistance. Customers then pay for all materials and a shop fee of \$6.

- (3) **Custom Engraving:** Offered Wednesday-Saturday throughout the year. Provide a selection of items to personally engrave for special occasions. Prices vary depending on item chosen. Majority of items include engraving of one graphic and unlimited text.
- (4) **Ceramic Mold-Pouring Classes:** Offered twice a month throughout the year: Jan. 31; Feb. 11, 28; March 5, 21. Customers learn to pour their own ceramic pieces, which in turn provide a much more affordable activity for special occasions. Upon completion of this class, student will receive a certification card.
- (5) **Do-It-Yourself Ceramics:** Offered Wednesday-Saturday throughout the year. Certified customers rent molds (generally 75 cents per mold) and purchase slip (liquid clay) at \$6 a gallon, paints, glazes, brushes, sealants, and tools from the sales store.
- (6) **Pottery Wheel Throwing:** Offered Tuesday nights, 5-8 p.m., and Sundays, 11 a.m.-3 p.m: Jan. 18, 20, 25, 27; Feb. 1, 3, 8, 10, 15, 17, 22, 24; March. 1, 3, 8, 10, 15, 17, 22, 24, 29, 31. Customers pay \$100 for 10 classes. Beginners and advanced students welcome. Students will learn basic techniques on creating their own pieces.
- (7) **Hand Building Clay Workshop:** Offered Thursdays, 1-3 p.m. for initial class; Wednesday-Saturday for returnees: Jan. 15, 22, 29; Feb. 5, 12, 19, 26; March 5, 12, 19, 26. Customers learn how to use various machines, including slab roller, extruder, wedging tables. Once completed, they are certified to return and make their own pieces. First class is \$25; additional days are \$5.
- (8) **Quilting / Sewing Workshop:** Offered Tuesday nights, 5-8 p.m., and Sundays, 11 a.m.-3 p.m: Jan. 18, 20, 25, 27; Feb. 1, 3, 8, 10, 15, 17, 22, 24; March 1, 3, 8, 10, 15, 17, 22, 24, 29, 31. Customers learn how to use their own machines (if not, one is provided for them). First class project is \$25 making a quillow (a quilt that folds into a carry bag). Customers are required to bring 2.5 yards of printed material and 2.5 yards of plain material. Once they have completed the 1<sup>st</sup> class, then when they return, they bring their own materials, and our instructor assists them in whatever they want to make for \$6.
- (9) **SKIES Youth Art Classes:** First four Saturdays of each month, 9 a.m. and 10 a.m: Jan. 17, 24; Feb. 7, 14, 21, 28; March 7, 14, 21, 28. For ages 3-7; must be accompanied by an adult. Also, 11 a.m. class for 8-12 year old. Students learn various art media, including hand building, clay, mosaics, painting, paper mache.
- (10) **EDGE Home School Youth Art Classes:** 9:30 a.m.-11 p.m., Fridays. Jan. 9, 16: Clay Hand building. Jan. 23, 30; Feb. 6: Basket Weaving. Feb 13, 20, 27: Fabric Beads & Painted "Silk" Shapes. March 6, 13: Acrylic Painting on Canvas Panels. March 20, 27; Apr. 3, 10: Build Your Own Ukulele. Prices vary depending on project. Generally includes two or four sessions per month. Registration required at CYS Services.
- (11) **EDGE Youth Sewing Classes:** Wednesdays, 3-5:30 p.m., Jan. 14, 21; Feb. 11, 18; March 11, 18. Students learn various sewing projects. Costs \$40 per student for four sessions a month. Registration required at CYS Services.
- (12) **Mom & Tots:** Every Thursday, 10-11 a.m., Jan. 8, 15, 22, 29; Feb. 5, 12, 19, 26; March 5, 12, 19, 26. For the cost of \$5, parent and child take on a creative project together.
- (13) **Lei-Making:** Two Fridays of each month, 1-2 p.m., Jan. 9, 23; Feb. 6, 20; March 6, 20. For \$15, students have the choice of learning to make straw, crochet, braided lei.
- (14) **Custom Trophies:** Offered Wednesday-Saturday throughout the year. Prices vary depending on size. Offer trophies for all occasions: youth sports, adult competitions, and more. Partners with other MWR



facilities: Tropics for Drags & Drifts; Leilehua Golf Course for Army Invitational; Sports Intramurals for all sports events.

- (15) **Ceramic Heart Shaped Box:** Offered Jan. 3-Feb. 7 (Wednesday-Saturday). Included all supplies. You will learn to paint and glaze your own heart-shaped box to give to your special someone. Generally takes 2 hours to complete. Two sizes available: 6.5" x 6" that costs \$18 or 8" x 8.5" that costs \$25.
- (16) **Porcelain Doll Making Workshop:** Four sessions being offered March 4, 11, 18, 25; 10 a.m.-12 p.m. Pre-registration is required. Be creative and make your own porcelain doll. \$85 includes all supplies.
- (17) **Paint and Take Your Own Creative Ceramic Easter Egg:** Offered Wednesday-Saturday, 10 a.m.-4 p.m.; March 4-28. Includes all supplies: 2 eggs for \$5 or 1 egg for \$3.

**l. Leisure Travel Services (LTS) – Joselynn Mitsuda, (808) 655-9971**

[www.himwr.com/lts](http://www.himwr.com/lts)

- (1) LTS provides exceptional military rates for numerous attractions throughout Hawaii and beyond.** Whether you're into touring museums or swimming with the sharks, our trained professionals can assist you with planning your event, special night out, or vacation. LTS services include, but are not limited to the following: Oahu attractions and inter-island vacation packages (air, hotel, car, and activities); cruises to the neighbouring islands and select locations worldwide; airfare to mainland and some international destinations; and tickets to Southern California amusement parks and vouchers for nearby hotels. We have two offices to serve you, one located on FS and another on SB:

**FS LTS,** (808) 438-1985

Address: Bldg. 550, Fort Shafter

Monday-Friday, 9 a.m.-5 p.m.; Saturday, 9 a.m.-3 p.m.; closed on Sunday.

**SB LTS,** Ticket Office (808) 655-9971, Travel Office (808) 655-6055

Address: Bldg. 3320, Flagview Mall, Schofield Barracks

Monday-Friday, 9 a.m.-6 p.m.; Saturday, 9 a.m.-4 p.m.; closed on Sunday.

**m. Blue Star Card, Xylene Lennon (808) 655-0111**

[www.himwr.com/upcoming-events](http://www.himwr.com/upcoming-events)

Address: 919 Humphreys Road, Bldg. 572, Rm. 211, Schofield Barracks

- (1) **Big R: Mad Hatter Crazy Hat Party:** Countdown another month of deployment complete Jan. 15 at the SGT Yano Library, SB, 3:30-5:30 pm. We will be celebrating national hat day by hosting our own Mad Hatter Crazy Hat Party. Join Blue Star Card for a night filled with fun activities, face painting and hat making crafts. We will be hosting a crazy hat contest, so bring your favorite hat to the party.
- (2) **Walk off the Wait: Makapu'u Lighthouse:** Feb. 3, 8:30 a.m.-12 p.m., Makapu'u Lighthouse. Join us on our latest Walk off the Wait (WOW) hike at the Makapu'u Lighthouse Trail Feb. 3. Free transportation will be leaving from the Schofield Barracks Bowling Center parking lot at 8:30 a.m. and returning around 12 p.m. All ages are welcome on this stroller-friendly hike along a paved path.
- (3) **Big R: NOAA Whale Count Adventure:** Feb. 21, 7 a.m.-12 p.m., Outdoor Recreation Center. The Blue Star Card Program and Outdoor Recreation Center have partner on this adventure to help NOAA count whales. Blues Star Card Families will receive a 10 percent discount on the trip cost of \$10.

- (4) **Big R: Easter Egg Scavenger Hunt:** Countdown another month of deployment complete March 20 on Desiderio Field from 4-5 p.m. Join BSC for our Easter Egg Scavenger Hunt. Everyone will be given a list of riddles and clues that need to be solved to find the Easter Eggs. This event is family friendly and parents are welcome to help during the scavenger hunt.

**6. Business Operations Division, Alicia O’Peirce, (808) 656-0098**

[www.himwr.com/dining](http://www.himwr.com/dining) [www.himwr.com/recreation-and-leisure](http://www.himwr.com/recreation-and-leisure)

**a. Nehelani Conference Center, Kolekole Bar & Grill, Jane Solis, (808) 655-4466**

[www.himwr.com/dining/nehelani](http://www.himwr.com/dining/nehelani)

- (1) **Right Arm Night:** Jan. 23, Feb. 27, March 6; 5-7 p.m.; Koa Ballroom. Free. Spouse & DOD civilians welcome.
- (2) **Keiki Night:** Wednesdays, 5-8 p.m., Kolekole Bar & Grill. Every Wednesday Night is Keiki Night. Kids under 10 eat for \$2.99 from the keiki menu.
- (3) **Taco Tuesday Night:** Tuesdays, 5-8 p.m., Kolekole Bar & Grill. Every Tuesday night, enjoy three tacos, rice and beans for only \$4.99 per person.
- (4) **Family Football NFL Sunday Ticket Brunch:** Every Sunday, 6:30 a.m.-3:30 p.m., Kolekole Bar & Grill. Bring the family out and watch all of your favorite teams play at Kolekole every Sunday during football season through Super Bowl Sunday. Doors open half-hour before kickoff of first game. Brunch will be served at \$16.95/adult & \$7.95/child.
- (5) **Super Bowl Party at Kolekole Bar & Grill:** Join us for Super Bowl, Feb. 1. Doors open at 11 a.m. For more information, please visit [www.himwr.com](http://www.himwr.com).
- (6) **Valentine’s Day at the Nehelani:** Join us for Valentine’s Day and celebrate with an unforgettable dinner. Reservations are required and are due no later than Feb. 10. For more information, please visit [www.himwr.com](http://www.himwr.com).
- (7) **St. Patrick’s Day Party at the Kolekole Bar & Grill:** Join us on St. Patrick’s Day, March 17, 5-8 p.m. For more information, please visit [www.himwr.com](http://www.himwr.com).
- (8) **Mongolian BBQ:** Every Monday, 5-8 p.m., Kolekole Bar & Grill. Enjoy Mongolian BBQ at the Kolekole Bar & Grill. Select your favorites from a large variety of meats and vegetables, and we will grill it to your liking. The cost is 65 cents per ounce.
- (9) **Pau Hana Social:** Every Monday, Tuesday, Wednesday, Friday; 5-7 p.m.; also, Thursdays from 4-6 p.m., Kolekole Bar & Grill. Enjoy the great deals on pupu and drinks.

**b. Hale Ikena, Mulligan’s Bar & Grill, John Stone, (808) 438-1974**

[www.himwr.com/dining/hale-ikenai](http://www.himwr.com/dining/hale-ikenai)

- (1) Please take notice that our hours of operation has been revised and we will no longer serve full breakfast and dinner service at Mulligan’s/Hale Ikena. To support the community, breakfast items, snacks, beverages (alcoholic and non-alcoholic) will be available for purchase from the pro shop, outside Mulligan’s operating hours. The catering and conferencing program will continue to offer outstanding, quality services.

**New Hours of Operation**

Monday-Wednesday, 11 a.m.-3 p.m.

Thursday & Friday, 11 a.m.-8 p.m.

ABBREVIATIONS: ACS-Army Community Service; AMR-Aliamanu Military Reservation; Bldg.-Building; FMWR-Family and Morale, Welfare and Recreation; FD-Fort DeRussy; FRG-family readiness group; FS-Fort Shafter; HMR-Helemano Military Reservation; SB-Schofield Barracks; TAMC-Tripler Army Medical Center; USARHAW-U.S. Army-Hawaii; WAAF-Wheeler Army Airfield

Saturday: Open for special events

Sunday: 10 a.m.-1 p.m. (open only for brunch)

- (2) **Right Arm Night:** March 13, 5-7 p.m.; Mulligan's. Free. Spouse & DOD civilians welcome.
- (3) **Soul Food Lunch Buffet:** Last Wednesday of the month, 11 a.m.-1 p.m., Hale Ikena dining room; Enjoy traditional and tasteful selections featuring all southern-style "Soul Food." \$14.95 per person.
- (4) **Taco Tuesday:** Every Tuesday, 11 a.m.-1 p.m., Hale Ikena dining room; Hard and soft tacos, fajitas, rice and refried beans. \$10.95 per person.
- (5) **Pau Hana Social:** Thursday-Friday, 5-7 p.m., Mulligan's Bar & Grill. Enjoy the great deals on pupu and drinks.
- (6) **Daily Lunch Buffet:** Monday-Friday, 11 a.m.-1 p.m., Hale Ikena Dining Room. No daily lunch buffet during Dec. 22-Jan. 2. Enjoy a variety of daily lunch buffet specials for \$10.95.
- (7) **Sunday Brunch at Hale Ikena:** Every Sunday, 10 a.m.-1 p.m., Hale Ikena Dining Room. Savory roasted prime rib with a peppercorn and garlic crust along with exquisite dishes with flavors infused from the Pacific Rim, Asia and Hawaii Nouveau. Groups and large parties welcome. Served from 10 a.m.-1 p.m. Reservations are recommended. Adults \$24.95 and children's prices are available.

c. **SB Bowling, Na Koa Snack Bar – Teri Overton, (808) 655-0573**

[www.himwr.com/schofield-barracks-bowling-center-menu](http://www.himwr.com/schofield-barracks-bowling-center-menu)

- (1) **Hawaii All Military Tryouts:** Jan. 25 & 26, 5-9 p.m. Event is open to active duty Army men and women, as well as women who are spouses of active duty Army (not male spouses). Registration onsite; competitors must be at both tryout days and bowl all of the required games (six each day, for a total of 12). Tournament held at all military bowling facilities on the island.
- (2) **Greater Hawaii USBC Youth City Tournament:** Feb. 14 & 15, 7 a.m.-5 p.m.
- (3) **Sweetheart Bowling:** Feb. 14, 6 p.m.-midnight. Couples, bring in your sweetheart and buy a game for each of you and get one game free (one time per couple).
- (4) **St. Patrick's Day:** March 17, 6-10 p.m. "Wear green and save Green-\$" at Schofield Bowling center. Na Koa Snack Bar will have green draft beer. Wear a green shirt and receive one free game per person, one time only.
- (5) **Cosmic Bowling:** Every Friday, 10 p.m.-1 a.m.; also, every Saturday, 5:30 p.m.-1 a.m.
- (6) **PBA Western Regional and ProAM Competition:** April 29, 9 a.m.-4 p.m. Come to watch or participate against national and professional bowlers. Highest level of bowling competition on the island. Enter into a competition with these professionals at the Schofield Bowling Pro Shop.

d. **Fort Shafter Bowling, Strike Zone Snack Bar – Don Yonamine, (808) 438-6733**

[www.himwr.com/fort-shafter-bowling](http://www.himwr.com/fort-shafter-bowling)

- (1) **Cosmic Bowling:** Every Saturday, 3 p.m.-12 a.m.; also, every Sunday, 1-5 p.m.
- (2) **Happy Bowling Birthdays! at Fort Shafter Bowling Center:** Plan your birthday at Fort Shafter Bowling Center and the birthday boy or girl will receive a commemorative, authentic bowling pin-free. While supplies last. Parties of 10 or more bowlers. Call 438-6733 for more information.

e. **Leilehua Golf Course, Leilehua Grill – Lou Merkle, (808) 655-4653**

[www.himwr.com/leilehua-golf-course/leilehua-golf-course](http://www.himwr.com/leilehua-golf-course/leilehua-golf-course)

- (1) **Free Ladies Golf Lessons:** By appointment at Leilehua Golf Course. The ladies free golf lessons are geared towards the beginner. Make an appointment today, and a PGA professional will show you that you can play golf. Lessons are held by appointment on the first Saturday of every month for 30 minutes. For more information, call (808) 655-4653.
- (2) **Leilehua Concert Series:** 6-8 p.m., Leilehua Grill & Golf Course. Relax and enjoy Hawaiian music. Free and open to the public. Food and drinks will be available for purchase. For more information, call (808) 655-7131.
  - a) Jan. 30-Maunaloa
  - b) Feb. 27
  - c) March 27
  - d) April 24
- (3) **CG Scramble:** Feb. 6, 12-5 p.m., Leilehua Golf Course. Four-person scramble. Participants must register and pay NLT 15 days prior to event. Cost: E1-E5, \$44; E6-O10, \$52.00; Civilians, \$59. Price includes registration, green fees, cart fees, food w/beverage (hamburgers/hot dogs, chips and beverage). For preregistration and questions, call SFC Bradley Bergeman, (808) 655-4294 or SGT Justin Corley, 655-4717.
- (4) **OIA Tournament:** Feb. 23, tee time 7:30 a.m., Leilehua Golf Course. Course will be open for regular play at twilight.
- (5) **ILH Tournament:** March 10 & 11, tee time 7:30 a.m., Leilehua Golf Course. Course will be open for regular play at twilight.
- (6) **Army Invitational Women's Tournament:** March 23 & 24, Leilehua Golf Course. Time TBD. For more information, call (808) 655-4653 or (808) 656-0114.

f. **Nagorski Golf Course, Cres Limbago, (808) 438-9587**

[www.himwr.com/walter-j-nagorski-golf-course/walter-j-nagorski-introduction](http://www.himwr.com/walter-j-nagorski-golf-course/walter-j-nagorski-introduction)

7. **NAF Support Management Division, Rhonda Hunter, (808) 656-0101**

a. **Fundraising, Brandon Goo, (808) 656-0104**

[www.himwr.com/support-services/fundraising](http://www.himwr.com/support-services/fundraising)

- (1) Fundraisers on Army Hawaii installations, to include SB, FS, AMR, HMR, WAAF, FS Flats and TAMC (outside) require approval from the garrison commander. Fundraising instructions, documentation and forms can be found at [www.himwr.com/support-services/fundraising](http://www.himwr.com/support-services/fundraising).
- (2) Fundraising requests must be submitted on the new USAG, Hawaii Fundraising Request form and emailed to [usarmy.wheeler.imcom-pacific.mbx.fundraising@mail.mil](mailto:usarmy.wheeler.imcom-pacific.mbx.fundraising@mail.mil). Requests are reviewed 9 a.m.-3 p.m., Tuesday through Thursday (closed on Federal holidays).

b. **Unit Funds, Chad Guerrero, (808) 656-0102**

[www.himwr.com/support-services/soldier-unit-funds](http://www.himwr.com/support-services/soldier-unit-funds)

- (1) A unit fund is a non-appropriated fund activity of the USAG-HI Installation Morale, Welfare and Recreation Fund (IMWRF) established to provide monetary support and enable unit commanders to supplement available appropriated funds (APF) for providing morale support to unit military

personnel. Unit funds are intended to contribute to the comfort, pleasure, contentment, mental and physical welfare of the unit Soldiers and must be used for the benefit of all members within the unit (IAW AR 215.1, unit funds are authorized for leisure activities that promote unit cohesion).

- (2) Allocation of all unit funds is based on a ceiling determined by the USAG-HI IMWRF, approved by the Installation Community and Family Program. Review Committee (ICFRC), and the USAG-HI commander. Unit funds are distributed and expended annually, based on requirements. All unexpended balances revert back to the IMWRF at the end of each fiscal year (Sept. 30).
- (3) Unused balances of unit funds are not carried forward to next fiscal year. The deadline for requesting unit funds and returning receipts is Sept. 15, 2015. Requests for unit funds will not be accepted after Sept. 15, 2015. All receipts for unit fund expenditures must be submitted no later than Sept. 15, 2015. Receipts submitted after that date will result in a deduction from the unit's fiscal year 2016 allocation.
- (4) **For Unit Fund requests that exceed \$500**, requests must be submitted NO LESS THAN 15 business days prior to the event. For Unit Fund requests equal to or less than \$500, requests must be submitted NO LESS THAN 10 business days prior to the event. **Under no circumstances will purchase requests be accepted after the payment of goods or services or after the event date. Information is available at [www.himwr.com/support-services/soldier-unit-funds](http://www.himwr.com/support-services/soldier-unit-funds).**
- (5) **Unit fund withdrawals are available by appointment only** from the Unit Fund Coordinator; Directorate of Family and Morale, Welfare and Recreation; NAF Support Management Division; Financial Management Branch; 350 Eastman Road, Bldg. #547, Wheeler Army Airfield, Tuesday through Thursday, 9 a.m.-3 p.m. (closed on Federal holidays).

**c. Private Organizations, Kristy Balli, Business and Non-Profit Liaison, (808) 656-0083**  
[www.himwr.com/support-services/home-based-business](http://www.himwr.com/support-services/home-based-business)

- (1) Private organizations or individuals desiring to establish a private organization on an Army Hawaii military installation are required to obtain the approval of the commander, U.S. Army Garrison-Hawaii. Once established in accordance with Army Regulation (AR) 210-22, these organizations are required to submit selected documentation (e.g., meeting minutes, financial statements, audits, federal and state tax exemption, liability insurance, etc.) on a quarterly basis. Failure to submit the required documents may result in withdrawal of the operating permit.
- (2) Private organizations are reminded of the State of Hawaii tax exemption requirement (Form G-6), which should be forwarded with all other documentation. The hours of operation for private organization appointments are Monday-Friday, 8 a.m.-3 p.m. (closed for lunch 12-1 p.m.) at 350 Eastman Road, WAAF.

**d. Home-Based Business, Kristy Balli, Business and Non-Profit Liaison, (808) 656-0083**  
[www.himwr.com/support-services/home-based-business](http://www.himwr.com/support-services/home-based-business)

- (1) Army Regulation 210-07 requires a commercial solicitation permit in order to conduct business or sales activity on Army installations (e.g., Avon, Tupperware, household goods, sale of insurance, etc.). No person may enter Army installations and transact business as a matter of right.
- (2) Permission must first be granted by the commander, U.S. Army Garrison-Hawaii. Private civilian enterprises or self-employed persons desiring to conduct commercial activity on Army installations must apply at the Commercial Solicitation Office; Directorate of Family and Morale, Welfare and Recreation; 350 Eastman Road, Wheeler Army Airfield, Monday-Friday, 8 a.m.-3 p.m. (closed for lunch 12-1 p.m.). Applications are handled by appointment only.

- (3) Family members of active duty Soldiers residing in government quarters who are requesting to operate a home-based business must submit a memo signed by their community manager. Information is available at [www.himwr.com/support-services/home-based-business](http://www.himwr.com/support-services/home-based-business).

**e. NAF Sales, Joy Baker, (808) 438-3492**

- (1) **NAF Property Excess Sale:** March 14, 8 a.m.-12 p.m., Bldg. 1598, FS Flats. Sales are conducted on a first-come, first-served basis. Military ID cardholders will receive a 10 percent discount and are granted priority access from 8-9 a.m. Only cash and credit cards will be accepted (no checks). All purchases must be picked at time of purchase. Watch [www.himwr.com/](http://www.himwr.com/) in March for merchandise that will be available for sale.

**8. Directorate of Emergency Services (DES): COL Duane Miller, 655-5335**  
[www.garrison.hawaii.army.mil/des/default.htm](http://www.garrison.hawaii.army.mil/des/default.htm) [www.facebook.com/DES.USAG.HI](http://www.facebook.com/DES.USAG.HI)

- a. The Family Advocacy Program's Prevention, Education, and Outreach personnel team up with DES to conduct a Home Alone Safety Awareness Workshop from January-September 2015 to educate and better prepare parents for their home alone children:
  - (1) At SB, Army Community Service, Bldg. 2091, Feb. 21.
  - (2) At SB, Army Community Service, Bldg. 2091, March 17.
  - (3) At FS, Army Community Service, Bldg. 330, April 3.
- b. FS and SB Military Police Bike Patrol will conduct a bike bonanza for children to increase their knowledge of bicycle safety. The bonanza will cover safety tips, check for proper wear of personal protective equipment (PPE); will have a bicycle course; and MPs will conduct a ride along with the children and families in attendance.
  - (1) Aliamanu Community Center, 4 p.m., March 4.
  - (2) Wili Wili Circle, 4 p.m., March 11.
  - (3) Kalakaua Community Center, 3 p.m., April 22 (Bike Rodeo, Keiki ID).
- c. Bike patrol partners with Island Palm communities to raise bicycle safety awareness, and to educate family members and children of the rules and regulations of riding a bicycle on an installation.
  - (1) Hale Kula Elementary, 7 a.m. and 2 p.m., Jan. 26.
  - (2) Wheeler Middle School, 11:30 a.m., Jan. 28.
  - (3) Hale Kula Elementary, 7 a.m. and 2 p.m., Feb. 23.
  - (4) Wheeler Middle School, 11:30 a.m., Feb. 25.
  - (5) Hale Kula Elementary, 7 a.m. and 2 p.m., March 23.
  - (6) Wheeler Middle School, 11:30 a.m., March 25.
  - (7) Hale Kula Elementary, 7 a.m. and 2 p.m., April 20.
  - (8) Wheeler Middle School, 11:30 a.m., April 22.



**9. Directorate of Public Works (DPW): Steve Raymond, (808) 656-2371/1289.**

[www.garrison.hawaii.army.mil/dpw/default.htm](http://www.garrison.hawaii.army.mil/dpw/default.htm)

- a. **Environmental Quality Control Committee (EQCC) Meeting:** Is Jan. 29, 1:30-2:30 p.m., SB Post Conference Room, Bldg. 584. This is a quarterly meeting for all USARHAW units and USAG-HI directorates and tenant organizations. The EQCC is a forum for all attendees to assist in the formulation of the policies for the protection, preservation, and enhancement of the environment.
- b. **GTA Project Move In:** Units will start moving into the new GTA facilities starting March 1. The 29<sup>th</sup> BEB, 249<sup>th</sup> Prime Power, 500<sup>th</sup> MI, CID HQ, and 516<sup>th</sup> Sig Bde. will be moving to the GTA facilities, which consist of admin facilities, Bde. HQs, BN HQs, Company Operations Facilities and Tactical Equipment Maintenance Facilities on South Range SB.
- c. **FS School-Age Center Construction:** The new FS School Age Center will be opening in April 2015. The facility will accommodate 105-135 children ages 6-10 years old and will include an outdoor play area with equipment, a grass playing field, and a computer lab.
- d. **Telephone Numbers.** Call the following numbers for service:

DPW Emergency/Trouble Desk  
6 a.m.-7 p.m., except weekend/holidays, (808) 656-1275  
Non-duty hours, (808) 656-3272  
DPW Hazardous Spill Hotline, (808) 656-1111

**10. Public Affairs Office (PAO): Dennis Drake, (808) 656-3154**

[www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil) [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com) [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii)  
[www.twitter.com/usaghawaii](http://www.twitter.com/usaghawaii) [www.flickr.com/usaghawaii](http://www.flickr.com/usaghawaii) [www.youtube.com/usaghawaii](http://www.youtube.com/usaghawaii)  
[www.pinterest.com/usaghawaii](http://www.pinterest.com/usaghawaii) [www.army.mil/info/organization/hawaii](http://www.army.mil/info/organization/hawaii)

- a. **Community Information Exchange (CIE).** The next CIE (formerly called the SIM, or Spouse Information Meeting) is Jan. 26 at 9 a.m. at the Nehelani. The focus of this meeting is installation and community matters. Garrison directorates and key service providers will provide details of upcoming events for 30-60-90 days and the senior commander will host an open forum and Q&A session.
- b. **USAG-HI Facebook Town Hall.** The quarterly Facebook Town Hall addresses community-wide questions and concerns about on-post services and programs, and is hosted by Col. Richard Fromm, commander, USAG-HI, from 6-7:30 p.m., Wednesday, March 4, at [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii), under the "Events" tab.
- c. **Army Listening Sessions.** The Army will be conducting two Community Listening Sessions regarding proposed Army personnel reductions. The public is invited to hear from Army leaders on the proposed reductions and to provide input on how a reduction of up to 50,000 Army personnel and family members in Hawaii could affect them. Both sessions will be hosted by Department of the Army leaders from Washington, D.C., and Maj. Gen. Charles Flynn, commander, U.S. Army Hawaii.

(1) Jan. 27, Hale Koa Hotel, Waikiki. Event parking at Hale Koa Hotel is \$5 with validation.

(2) Jan. 28, Leilehua High School. Free parking available.

Both listening sessions will be from 6:30-9 p.m. No stationing decisions have been made, yet; however, Army leadership anticipates an overall reduction of Soldiers will impact most every Army post nationwide. Get more information from U.S. Army-Hawaii Public Affairs, (808) 656-3158/3159/3160.

**11. Directorate of Human Resources (DHR), Dr. Bob Stephens, director, (808) 655-4664.**

[www.garrison.hawaii.army.mil/dhr/default.htm](http://www.garrison.hawaii.army.mil/dhr/default.htm)

**a. Administrative Services Division - Anna Tarrant, (808) 655-5003**

- (1) **Unit and Consolidated Mail Room Inspections.** Begin Jan 21. POC is Postal Inspector, Mrs. Surrie Rhynes, (808) 655-5033.
- (2) **Official Mail and Distribution Center (SB & FS).** Customers are reminded to ensure boxes do not exceed the 70 pound maximum limit, as boxes will be returned to units to be separated and repacked. Also, ensure the labels are typed and not handwritten. Such mail will not be accepted. ALL outgoing official mail has to be cleared through the Official Mail and Distribution Centers on Schofield or Fort Shafter. Mail attempting to bypass the Official Mail Center will be rejected at Pearl Harbor Center Mailing Center. POC is Ken Gongob, supervisor, Official Mail, (808) 438-6253.

**b. Education Services Division – Chrissy A Morris, (808) 655-4444**

- (1) **Testing Services.** The Schofield Barracks Army Education testing center offers a variety of military tests, such as the AFCT, DLPT, DLAB, SIFT and TABE. Testing is a great way to enhance skill levels to further career advancement. All Army personnel test requests require a DA Form 4187 (Personnel Actions Form) command verification approval, and are scheduled by appointment only by contacting the testing center directly. The testing center, located in Bldg. 560, Yano Hall, 2nd floor, is open Monday-Friday. Test hours vary by day. For further information, call (808) 655-9776.
- (2) **National Testing Center.** NTC Hawaii Pacific University (HPU) offers computer-based testing on Fridays, 9 a.m.-4:30 p.m., Bldg. 102, Room B2, at the Tripler Education Center. Exams include the College level Exam Program (CLEP), DANTES Subject Standardized Test (DSST), and Pearson VUE.

**12. Plans, Analysis and Integration Office (PAIO): Barry Henderson, (808) 656-0875**

[www.garrison.hawaii.army.mil/paio/default.htm](http://www.garrison.hawaii.army.mil/paio/default.htm)

**a. Interactive Customer Evaluation (ICE): <https://ice.disa.mil>**

**13. Directorate of Installation Safety (DIS): Clint German, (808) 656-1173.**

[www.garrison.hawaii.army.mil/safety/default.htm](http://www.garrison.hawaii.army.mil/safety/default.htm)

- a. **Traffic Safety Online Classes Sign-Up:** All Hawaii-based Soldiers can request classes using a CAC-enabled government computer at [https://imc.army.mil/airs/usg\\_disclaimer.aspx](https://imc.army.mil/airs/usg_disclaimer.aspx). Classes are limited to active duty Soldiers only. Select “View Available Courses,” select “Pacific” Region and Garrison “Hawaii,” and then select the desired course. Five classes are offered:
  - (1) Motorcycle Basic Rider Course.
  - (2) Motorcycle Experienced Rider Course.
  - (3) Motorcycle Sport Bike Riders Course.
  - (4) Army Traffic Safety Intermediate Training for Soldiers under 26 years old.
  - (5) Remedial Drivers Improvement Training for Soldiers with traffic infractions.

For further information, please contact Bill Maxwell at (808) 656-1174.

- b. **U.S. Army Hawaii Policy 6 - Motorcycle Safety Policy and Annex A, 05 Nov 14, is now available.** This policy letter has been posted to the 25<sup>th</sup> Infantry Division website at [www.25idl.army.mil/DOCUMENTS/POLICIES/cmd\\_policies.html](http://www.25idl.army.mil/DOCUMENTS/POLICIES/cmd_policies.html) or at [www.garrison.hawaii.army.mil/command/documents.htm?tab=4](http://www.garrison.hawaii.army.mil/command/documents.htm?tab=4).

- c. **Prevent Falls In & Outside of Your Home:** Falls are the second leading type of unintentional home-related injury death. Learn how falls can be prevented; visit [www.nsc.org/learn/safety-knowledge/Pages/safety-at-home-falls.aspx](http://www.nsc.org/learn/safety-knowledge/Pages/safety-at-home-falls.aspx).

**14. Religious Support Office: MAJ John Grauer, Plans and Operations Chaplain, USAG-HI, (808) 656-1278.**  
[www.garrison.hawaii.army.mil/rso/default.htm](http://www.garrison.hawaii.army.mil/rso/default.htm)

- a. **Main Post Family Life Center:** The Family Life Center is located at Main Post Chapel Annex on Schofield Barracks. Counselors are available to help you work through the difficult challenges of life. POC is Chaplain (MAJ) Daniel Kang, (808) 655-6646.
- b. **Catholic Activities:** Catholic activities meet at the Main Post Chapel, Wheeler Chapel and AMR Chapel for the following: CCD, RCIA, Sacramental preparation, Pre-Baptism, Prayer Services, Parish Council, Catholic Staff Meetings, Bible Study and Youth Activities. POC is Chaplain (LTC) Herron at (808) 394-3104.
- c. **Protestant Woman of the Chapel (PWOC):** A great program to build community and new friendships, so please join us on Tuesdays at 9 a.m. at the Main Post Chapel, Annex Room 212; or 9 a.m. on Tuesdays at AMR Chapel. PWOC will start the Jan. 20, so come out and join us for this exciting group. For more information, contact the POC at Schofield Barracks, Erin Nonaka, or contact AMR POC, Laura Phillips at (254) 630-2242.
- d. **Catholic Women of the Chapel (CWOC):** The Schofield Barracks CWOC invites you to join them Wednesday mornings at the Main Post Chapel from 9:30-11:30 a.m. POC at Schofield Barracks is Heather Kershner at (352) 231-1088. Join the CWOC at the AMR Chapel. POC is Heather Fazio at (515) 783-6896. Come out and join us for food, fellowship and fun.
- e. **Youth Club:** Our exciting program is for youth in 7th through the 12th grade. It offers study groups and outreach clubs that meet weekly. For more information, contact Kevin Schmidt at (808) 372-1567.
- f. **Family Night:** Beginning Jan. 27, and each Tuesday night following, is Family Night at AMR Chapel. Dinner begins at 5:30 p.m. Sessions are 6:10-7:30 pm. Child care is provided.

Beginning Jan. 28, each Wednesday Night, is Family Night at Schofield Barracks located at the Main Post Chapel. Family Night at Schofield Barracks begins at 5:30 p.m with dinner. Sessions are 6:10-7:30 pm. Child care is provided.

Family Night gives you the opportunity to feed your body, soul and mind. Some of the classes offered during family night are the following: Financial Peace University, Healthy Living, 7 Habits of Highly Effective Army Families. These are just a couple of samplings of the courses offered during Family Night, for more information, contact at SB, Deborah McSwain, director of Religious Education, at (808) 655-9198 or at AMR Chapel, Don Ericson, director of Religious Education, (808) 839-4319.

- g. **National Prayer Breakfast:** USAG-HI conducts a National Prayer Breakfast in support of U.S. Army Hawaii Soldiers, family members, DOD civilians, retirees and the local community on March 2. Chaplain (MG) Donald B. Rutherford, Chief of Chaplains, serves as the guest speaker for the event on Schofield Barracks, at the Nehelani. Please contact the POC, Chaplain (MAJ) Erik Spicer, North Community Chaplain, for more details at (808) 655-6644.

**15. Directorate of Plans, Training, Mobilization and Security (DPTMS): Don Bennett, (808) 656-0165.**  
[www.garrison.hawaii.army.mil/dptms/default.htm](http://www.garrison.hawaii.army.mil/dptms/default.htm) [www.ready.gov](http://www.ready.gov)

- a. **Tropic Lightning Museum:** Tuesday-Saturday, 10 a.m.-4 p.m., closed federal holidays. Come visit Tropic Lightning Museum, Bldg. 361 (Waianae Avenue at the corner of Flagler Road), SB, to learn about the history of the 25<sup>th</sup> Infantry Division, Schofield Barracks, and Wheeler Army Airfield. For more information, contact Kelly Jean Evans at (808) 655-0438.

- b. **Fort DeRussy Museum:** Tuesday-Saturday, 9 a.m.-5 p.m. Come visit the Fort DeRussy Museum, Bldg. 32 (next to the Hale Koa Hotel), Fort DeRussy, to learn about the history of the U.S. Army in the Pacific. For more information, contact Judith Bowman at (808) 942-0318.
- c. **Security Clearances/Fingerprinting:** Monday-Friday, 8:30 a.m.-12 p.m. and 1-4:30 p.m. For information on updating security clearances or fingerprinting, call Angela Walters at (808) 655-8879.
- d. **Department of the Army Photographs:** Monday-Friday, 8 a.m.-5 p.m. For information on scheduling an appointment for a DA photo, log into <https://www.vios-west@army.mil>. For more information, call John Warren at (808) 655-5015.

**16. Equal Employment Opportunity, George Chun, (808) 438-4965**

[www.garrison.hawaii.army.mil/eeo/default.htm](http://www.garrison.hawaii.army.mil/eeo/default.htm)

- a. **African American/Black History Month Observance:** Hosted by 25<sup>th</sup> Combat Aviation Brigade, 25<sup>th</sup> Infantry Division, Feb. 10, 10-11:30 a.m., at WAAF Chapel.

**17. Logistics Readiness Center: Stacey Franklin, (808) 656-2400.**

- a. **Termination of Fort Shafter Flats Dispatch (GSA NTVs):** Effective Jan. 30, the Logistics Readiness Center-Hawaii (LRC-HI) will no longer provide dispatching services at Fort Shafter Flats. Due to the reduction of the NTV Fleet and associated staffing challenges, the LRC can no longer sustain this service in two separate locations. All Army GSA NTVs will be required to conduct monthly dispatch at the Transportation Motor Pool (TMP) on East Range, Bldg. 6027.
- b. **POCs for Dispatching:** Vehicle dispatching at the TMP occurs the first three weeks of each month from 8 a.m.-4 p.m., Monday-Friday. Please contact your Unit Vehicle Coordinator for exact details. The LRC-HI POC is the Army Hawaii Fleet Manager, Ms. Kat Aldeguer at 656-0711. The East Range TMP number for details and driving directions is 656-2529.

**18. Staff Judge Advocate, 25<sup>th</sup> Infantry Division Claims Office, Christy Rogers, (808) 655-9279/8164**

[www.garrison.hawaii.army.mil/legal/default.htm](http://www.garrison.hawaii.army.mil/legal/default.htm) ("Claims" tab)

- a. **Household Good Claims:** Don't miss your deadlines. **Report** loss and damage to the Transportation Service Provider (TSP) within **75** days of your delivery date **and file your claim** against the TSP within **nine months** of your delivery date on [www.move.mil](http://www.move.mil). If you need to file your claim with the government, submit the claim within **two years** after you receive your shipment. Let the claims office help you. Contact claims personnel at (808) 655-9279.
- b. **Weekly Claims Briefing:** Every Tuesday and Thursday, 2-2:30 p.m., at 278 Aleshire Ave., Bldg. 2037, SB (across from CIF). Meet with personnel claims experts, file your notice of loss and damage, and receive advice on how to obtain the maximum amount for your loss and damage through the mover/transportation service provider (TSP).
- c. **Vehicle Claims:** The claims office will help you find your car if it is lost, process your claim for damage through the carrier, and help you get reimbursed for the cost of a rental car and other related expenses. Visit <http://pcsmypov.com/FAQ>. Be sure to inspect your vehicle and annotate all damages on the vehicle inspection report **before you leave the port**. If you discover additional damages after you leave the port, go back to the port within **24 hours** to have the damages documented on your inspection report or come to the SB Claims Office, so claims personnel can inspect your vehicle. Contact claims personnel at (808) 655-9279.

- d. Claims Office Location and Hours:** Visit Bldg. 2037, Aleshire Ave. (across from CIF). Service is on a walk-in basis on Monday-Wednesday, and Friday, 9:30 a.m.-4 p.m.; and Thursday, 1- 4 p.m. Last sign in for service is 3:30 p.m., daily. Contact claims personnel at (808) 655-9279.

**19. Staff Judge Advocate, USARPAC, USAG-HI Legal Assistance Office, CPT Levi K. Hookano, (808) 655-8607,**

[www.garrison.hawaii.army.mil/legal/](http://www.garrison.hawaii.army.mil/legal/) (“Legal Assistance” tab)

- a. Areas of Practice:** Our office can assist you with civil legal matters, including family law, consumer and debt issues, estate planning, landlord-tenant, and military administrative matters.
- b. Weekly Divorce and Separation Briefing:** Every Tuesday and Thursday, 1:30-2 p.m., at 278 Aleshire Ave., Bldg. 2037, Schofield Barracks (across from CIF). Judge advocates will discuss the civilian and military considerations of divorce and separation, so you can better understand the process and legal issues. Attendance at this brief is mandatory prior to an initial appointment with a judge advocate for divorce and separation matters.
- c. Information Papers:** Need some initial information regarding a legal issue? Our website has several information papers on various legal issues to assist you.
- d. Additional Walk-In Appointment Times:** In addition to our Tuesday walk-in appointment hours, we now have walk-in appointment hours on Thursday afternoons from 1:30-3:30 p.m.

**20. Tripler Army Medical Center (TAMC): Ana Allen, (808) 433-2809**

- a. TAMC Mother's Own Milk Breastfeeding Support Group:** Meets Thursdays, 1-3 p.m. in the Bass Conference Room, Pediatric Clinic, 4th Floor Mountainside. Bring your baby and visit with other nursing mothers; ask the Lactation Consultant questions and learn about good breastfeeding management, pumping and troubleshooting problems. Optional baby weight check will be available. Call the Pediatric appointment line for a reservation at (808) 433-6697.
- b. TAMC Family Medicine Clinic New Patient and Family Orientation:** Welcome to the Family Medicine Clinic at TAMC. Join us for the New Patient and Family Orientation the last Thursday of each month at 10 a.m. in the Family Medicine Clinic Conference Room, ID, Oceanside. For reservations, leave a voicemail at (808) 433-2907.
- c. Woman's Health Fair:** Army Public Health Nursing (APHN) will have a Women's Health Fair on Jan. 22 from 10 a.m.-2 p.m. at TAMC Oceanside, next to the Information Desk. Women take charge of your health. Making a few changes in your lifestyle can help you live longer. Join APHN and learn preventative health measures to help you live healthier.

**21. Fisher House “A Home Away from Home,” 317 Kukowski Road, Honolulu, HI 96819**

**Anita Clingerman, Manager, (808) 433-1291, ext. 212 (Office), (808) 436-5543 (Fisher House Cell)**

[www.triplerfisherhouses.org](http://www.triplerfisherhouses.org) [www.triplerfisherhouse.com](http://www.triplerfisherhouse.com) [www.facebook.com/Triplerfisherhouse](https://www.facebook.com/Triplerfisherhouse)

- a. Overview:** Tripler Army Medical Center has two Fisher Houses located within walking distance from the main hospital. These Fisher Houses were a gift from the Fisher House Foundation that was started in 1991. The intent for these homes is to offer an alternative to the Soldiers and families receiving treatment at the nearby military Medical Treatment Facility and create a nurturing home-like atmosphere that fosters rehabilitative opportunities to reintegrate the Soldiers and families back into their normal lifestyle, as quickly as possible.
- b. Eligibility:** The eligibility to stay in the Fisher House is simple. Anyone who is receiving medical treatment or taking care of someone receiving medical treatment qualifies, as well as the family member visiting an in-patient or receiving medical treatment at Tripler. All residents need to provide documentation of their



medical needs. Fisher House management is available 24/7 via cell phone, (808) 436-5543. More information is available on all three Fisher House websites, above.

- c. **Region:** We service a large variety of residents from the entire Pacific, to include Reservists, active Guard, retirees, and their families. Those who are in immediate need of housing and have no financial support (official orders) will be considered for placement according to their medical severity. All attempts will be made to accommodate everyone. We are always at 100 percent capacity and usually maintain approximately 10-20 families on the waiting list each month.
- d. **Donations:** Your donations by way of volunteer hours in the home, administrative support to the home, food donations, regular household comfort items, baby items and consumable products, such as cleaning supplies and paper goods, are greatly needed and appreciated. Monetary donations, such as gift cards to local restaurants, fast food and Walmart establishments are also appreciated.
- e. **Serving the Pacific Rim:** We also support families with Neonatal Intensive Care patients and those going through oncology, as well as those who have orthopedic or cardiac surgeries. Tripler Fisher House has a unique mission. Not only do we serve our deployed service members who have been wounded, we are also responsible for 52 percent of the world's medical treatment for service members from all branches who are serving abroad from locations like Japan, Korea, Guam, American Samoa, Okinawa and other areas in the Pacific.
- f. **"Home Away from Home":** Each Fisher House is a gift from the Fisher House Foundation and must be maintained and supported independently. This can be only accomplished by the generous and continued support of the surrounding communities in which they are located. We are a nonprofit organization, and most of our funds come from the annual Combined Federal Campaign (CFC) drive (CFC# 71377).
  - (1) Fisher House I has eight rooms, to include two family suites on the ground floor that are ADA accessible.
  - (2) Fisher House II has 11 rooms, six of which are located on the ground floor. Each room has either a queen-sized bed or two twin- or full-sized beds with a chair in the room. They are also equipped with a desk, phone with voice mail, TV, VCR, DVD player, hair dryer, iron and ironing board, clothes basket, and extra linen. Games and movies are available for check-out from the manager's office. We also have air beds, if required for additional occupants. Laptop computers are available for checkout with secured wireless Internet access.
  - (3) All guests are encouraged to take advantage of the rest of the house. Common areas include the living, family, and dining rooms, as well as a beautiful spacious kitchen, laundry area and lanai with a million dollar view.

**22. U.S. Army Health Clinic, SB: COL Pete Eberhardt, (808) 433-8500**

[www.tamc.amedd.army.mil/sbhc/default.htm](http://www.tamc.amedd.army.mil/sbhc/default.htm) <https://www.facebook.com/usahc.schofieldbarracks>

- a. **Health Clinic Tours:** Third Thursday of every month at 2 p.m. Main Clinic Entrance in the Pharmacy lobby, Bldg. 676. No sign up necessary. Monthly Health Clinic tours began in December and orient patients to their medical home and their medical neighborhood of services. Get details on who your PCM is; which medical home you belong to; what are the hours of Lab, X-ray, Pharmacy, the Acute Care Clinic; and where to go to get help. Call our Customer Service Rep at (808) 433-8504 for more info or watch our Facebook page for the event.
- b. **Health Clinic Customer Service Representative (CSR):** Our Customer Service Representative is ready to serve. The office is located across from the Main Health Clinic Pharmacy pick up windows in Bldg. 676. If you have concerns or comments about your care, the CSR is able to help navigate the various options for your health care. Contact the CSR at (808) 433-8504 or stop by the office. You may also contact reps at [usarmy.tripler.medcom-tamc.mbx.sbhc-customer-service-rep@mail.mil](mailto:usarmy.tripler.medcom-tamc.mbx.sbhc-customer-service-rep@mail.mil) or through ICE at <https://ice.disa.mil>. You can "Like" us on Facebook ([www.facebook.com/usahc.schofieldbarracks](https://www.facebook.com/usahc.schofieldbarracks)).



- c. **Access your medical benefits from home:** There are some exciting ways to access your medical benefits online. Sign up for Tricare Online at [www.tricareonline.com](http://www.tricareonline.com) and RELAY HEALTH at <https://app.relayhealth.com/> to email your provider, get prescription refills, access health records, make appointments for you and your family and much more. Sign up now!
  - d. **Nurse Advice Line:** Call 1-800-TRICARE (874-2273), Option 1, 24 hours a day. The Nurse Advice Line can give you medical advice right over the phone, 24 hours a day, from anywhere in the world. A live nurse will be able to answer many of your questions any time you need. You can find out what kind of over-the-counter medications to take, when to seek medical attention for you or your family members, and where to go in the case of an acute medical need. They are open when you need them.
  - e. **Army Provider Level Satisfaction Survey (APLSS) “APPLES”:** Many of you have received the APLSS survey, referred to as “Apples” in the mail or through email. This is an important feedback mechanism to let our clinic and the Army Medical Department know how your experience was with our providers, nurses, and staff. Each survey equates to hundreds of dollars given back to the clinic to help improve the quality of care you receive.
  - f. **Health Clinic Training Hours:** The Health Clinic will not hold appointments from 1-3 p.m. on Thursdays, which is when needed training is conducted for the staff. During this time, the Acute Care Clinic, Radiology, Laboratory & Pharmacy will remain open. All other clinics will be closed.
  - g. **Onsite Child Care:** It’s available for families that have appointments. The YMCA Armed Services provides onsite child care in Bldg. 680 (Pediatrics) from 8 a.m.-12 p.m and 1-4 p.m. (afternoons by appointment only), Monday-Friday. The cost is \$8 per family. Call (808) 433-8410 for more information or to make an appointment.
  - h. **Performance Triad:** Personal lifestyle choices make a huge impact on health, wellness, and readiness. Sleep, activity, and nutrition enable Soldiers, their families, retirees, and civilians to reach their goals and their full potential. The Performance Triad is a comprehensive plan to improve readiness and increase resilience through public health initiatives and leadership engagement for Soldiers, family members, retirees, and civilians. The Performance Triad challenges you to enhance your health by participating in its 26-week challenge where targeted goals to improve your health and wellness are already established for you to follow. The Performance Triad has also created a free app to use as to assist Soldiers, families, retirees, and civilians on optimal ways to enhance their performance, health, and wellness through sleep, activity, and nutrition. You can download the app for iPhones, iPads, Android devices, and Windows phones by searching for "Performance Triad." Learn more about the Performance Triad and obtain resources at <http://armymedicine.mil/Pages/performance-triad.aspx>.
  - (1) **Community Nutritional Health:** A community nutritional outreach plan is in place to target all members of our military community. The Community Health Promotion Council’s Physical Health Working Group and the U.S. Army Health Clinic-SB are working together to execute Performance Triad training to local elementary students, family readiness groups (FRGs), and even at the Commissary and Strong Bonds retreats. The installation’s dietician and Army Public Health Nursing are teaching students the importance of healthy lifelong habits by choosing the recommended daily amount of physical activity, servings of fruits and vegetables, and the proper amount of sleep. Families learn how to support each other by living healthy lifestyles and observing demonstrations of healthy meals to prepare and recipes to exchange.
23. **U.S. Army Dental Clinic, SB: SFC Erick Espinosa, 433-8910**  
[www.tamc.amedd.army.mil/offices/prdc/sbdc.html](http://www.tamc.amedd.army.mil/offices/prdc/sbdc.html)
24. **Community Health Promotion Council, Gratia Bone, (808) 656-5830**  
[www.garrison.hawaii.army.mil/health/default.htm](http://www.garrison.hawaii.army.mil/health/default.htm) #ArmyHawaiiTakeaStand  
[www.milsuite.mil/book/groups/usarhaw-community-health-promotion-council](http://www.milsuite.mil/book/groups/usarhaw-community-health-promotion-council)

**25. Island Palm Communities (IPC), Pete Sims, (808) 687-8311**

[www.islandpalmcommunities.com/Go/CommunityCalendar](http://www.islandpalmcommunities.com/Go/CommunityCalendar) [www.facebook.com/islandpalmcommunities](https://www.facebook.com/islandpalmcommunities)

- a. **Pet Safety Expo:** Feb. 27, 4-6 p.m., Kalakaua Community Center, 2535 Waianae Uka Ave, SB. Learn from experts how to safely take care of your pets in your home, car, parks and beaches. Win great give away items for your pooch, feline friend or bird, while supplies last.
- b. **Bike Safety Bonanza:** March 4, 4-6 p.m., Fort Shafter Elementary School. Teach your kids the rules of the road and how to keep safe while riding their bike. Each child receives a giveaway provided by the School Liaison Office.
- c. **Bike Safety Bonanza:** March 11, 4-6 p.m., WiliWili Park, WAAF. Teach your kids the rules of the road and how to keep safe while riding their bike. Each child receives a giveaway provided by the School Liaison Office.

**d. Monthly Programs**

**(1) Hawaiian Culture Class:** Every 1st Wednesday, 4 p.m., FS Community Center (CC); every 2nd Wednesday, 3 p.m. Kaena CC; every 2nd & 4th Thursday, 4 p.m., Porter CC; every 4th Monday, 4 p.m. Aliamanu CC.

**(2) ZUMBA:** Mondays & Wednesdays, 9 a.m., Porter CC; 6 p.m., Wheeler CC; 7 p.m., Aliamanu CC. Also Tuesdays & Thursdays, 11:30 a.m., Wheeler CC; 6 p.m., Kaena CC; 7 p.m., Helemano CC. Also Tuesdays, 9 a.m., Kalakaua.

**(3) Fit Club:** Thursdays, 6 p.m., Aliamanu CC; 6 p.m., Kalakaua CC.

**(4) Yoga:** Tuesdays & Thursdays, 9 a.m., Aliamanu CC.

**(5) PIYO:** Mondays & Wednesdays, 11 a.m., Aliamanu CC.

**(6) Storytime (w/Military Child Education Coalition):** Every 1<sup>st</sup> Thursday, 9:30 a.m., Helemano CC. It's a parent, toddler activity that includes a great story and crafts for parents and children to do together.

**(7) Extreme Couponing:** Every 2nd Tuesday, 10 a.m.-12 p.m., Porter CC; every last Thursday, 10 a.m.-12 p.m., Aliamanu CC. Learn the trick of the trade with using coupons to save your family lots of money from an expert.

**(8) Kids on Patrol:** Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday, Kaena CC. Do your kids, 10 years and older, need something to do after school? Have them join Kids on Patrol. It's an interactive program designed to promote a positive and healthy lifestyle. Kids will learn about safety, respect and community pride through fun activities, and they will meet new friends in a positive environment.

**26. The Exchange: Cathy J. Ely, (808) 622-1773,**

[www.shop.myexchange.com](http://www.shop.myexchange.com)

[www.shop.myexchange.com/ExchangeLocations/SchofieldStore.htm](http://www.shop.myexchange.com/ExchangeLocations/SchofieldStore.htm).

[www.shop.myexchange.com/ExchangeLocations/HelemanoStore.htm](http://www.shop.myexchange.com/ExchangeLocations/HelemanoStore.htm).

[www.shop.myexchange.com/ExchangeLocations/WheelerStore.htm](http://www.shop.myexchange.com/ExchangeLocations/WheelerStore.htm).

[www.shop.myexchange.com/ExchangeLocations/WaianaeStore.htm](http://www.shop.myexchange.com/ExchangeLocations/WaianaeStore.htm).

- a. Lisa K. Avallone is the Sales & Merchandise Manager at (808) 622-1773, and Kelly San Nicolas is the Sales & Merchandise Manager at (808) 622-1773.

- b. **Schofield Main Exchange:** Will be open Mondays-Saturdays, 9 a.m.-9 p.m.; and Sundays, 9 a.m.-8 p.m.

- c. **Schofield Class Six:** Will be open Mondays-Saturdays, 9 a.m.-9 p.m.; and Sundays, 9 a.m.-8 p.m.
- d. **Schofield Furniture Store:** Will be open every day, 9 a.m.-7 p.m.
- e. **Go paperless, get paid!** How does a \$50 credit on your MILITARY STAR statement sound? Between Jan. 1-31, switch from paper statements to electronic statements through MyECP.com and receive an automatic entry into the "Going Paperless Pays!" sweepstakes. See official rules at [www.ECP.com/CustomerAds/page/Exchange](http://www.ECP.com/CustomerAds/page/Exchange).
- f. **Exchange Gift Card.** While only authorized military shoppers can redeem Exchange gift cards, any American can send one by calling (800) 527-2345 or logging on to [www.shopmyexchange.com](http://www.shopmyexchange.com). Click "Purchase Gift and Phone Cards" at the bottom of the page.

**27. Defense Commissary Agency, Brad McMinn, (808) 655-5066, ext.202**  
[www.commissaries.com](http://www.commissaries.com)

- a. **Commissary Sustainment Project:** Begins Jan. 1. The Schofield Commissary will begin a sustainment project the first week of January that will be completed in April 2016. The project will upgrade all refrigeration and replace the current HVAC system that in tandem will improve the commissary's overall energy efficiency and will help us provide our community better customer service. This is a phased project and will not affect store hours. Although there will be some minor inconveniences as this project evolves, our phasing should keep disruptions to a minimal. Updates will be provided via our Web page at [www.commissaries.com](http://www.commissaries.com), the local base newspaper and in-store informational signs and announcements.
- b. **Choose to Lose Program:** Our third annual Choose to Lose Program is here. Sign up at the Commissary, Exchange or physical fitness centers now through Jan. 15. Weigh-ins will occur Jan. 15, 16 and 17 at the Physical Fitness Center. This program is designed to help all our customers turn to a healthier lifestyle. Choose to Lose is a weight loss and participation contest with three categories: individual, four-person team and families. Those that lose the most percentage of body fat and participate in the most events that are being held at the Commissary, Exchange and FMWR facilities will win Commissary gift cards and other prizes from the Exchange and FMWR. Plus, thousands of dollars in prizes are available. Contact us at (808) 655-5066 for more information. Ask for Hollie, Stephen or Brad.
- c. Jan. 19 is Martin Luther King's birthday holiday. The commissary will be open holiday hours 9 a.m. to 6 p.m.
- d. Have a special occasion? Stop by the deli/bakery and order a cake. Twenty-four hours in advance is needed.
- e. Store hours follow:
  - (1) Monday through Friday, 9 a.m.-8 p.m. Early Bird is 8-9 a.m. Self check-out open only.
  - (2) Saturday and Sunday, 8 a.m.-7 p.m. Early Bird is 7-8 a.m. Self check-out open only.
- f. The Schofield Garrison commander has authorized a guest policy that allows two guests per customer. Your guest must have a form of ID to enter the Commissary, preferably a driver's license or similar form of ID.
- g. Commissary patrons must show their military or dependent ID when entering the Commissary and when they process their orders at the check-out.
- h. Commissary gift cards are the thing to give any time of year. See our tellers at the cash cage to purchase gift cards. They come in \$25 and \$50 increments.
- i. Do you have a Rewards Card? Rewards Cards can be used to download Commissary coupons on the Commissary website at [commissaries.com](http://commissaries.com). If you want a Rewards Card, just ask a cashier the next time you're in the Commissary.

**28. Armed Services YMCA (ASYMCA), Wheeler Branch Director, Mallisa Shea, (808) 624-5645**

[www.asymca.org/honolulu-hi/](http://www.asymca.org/honolulu-hi/) <https://www.facebook.com/asymca.honolulu>  
<https://www.facebook.com/wheelerasymca>

- a. **Parent Participation Preschool:** For children 3-5 years old. There are three different phases all offering kindergarten readiness. Each phase requires a different amount of parent participation. Cost ranges from \$80-\$130 a month.
- b. **Playmoring:** For children 0-5 years. A program that allows children and parents to come together play, sing and bond. The cost is \$2 per child. Locations are SB/WAAF; Mondays, Wednesdays, Fridays; from 9-10:30 a.m.; also, AMR on Tuesdays, 9:30-11:30 a.m.
- c. **Children's Waiting Room (CWR):** CWR provides on-site child care for children while their parents or siblings have medical appointments. There is an \$8 flat fee and two-hour limit. Locations are SB Clinic, (808) 433-8410, and TAMC, (808) 433-3270. Call for an appointment.
- d. **Operation Kid Comfort:** For children 0-6. Receive a quilt. Children 7-12 receive a pillow. Both are handmade by volunteers with pictures of deployed services members. For more information, send an email to [ismarai@asymcahi.org](mailto:ismarai@asymcahi.org).
- e. **Food Pantry:** Available at the ASYMCA Wheeler location. Open for all military and military dependents. Limited to one visit per month.
- f. **Kids in the Kitchen:** For children 3-5. Once a month, children explore fun and creative healthy recipes through reading, crafts and music.

**29. American Red Cross, Yolanda Gainwell, (808) 655-4927 and (808) 433-6631**

- a. **Volunteer Program:** New Volunteer Orientation will be held Jan. 30 from 9 a.m.-12 p.m. in the Main Chapel of Tripler Army Medical Center. Registration is required at [www.hawaiiredcross.org](http://www.hawaiiredcross.org).
- b. **Human Animal Bond Program:** Our volunteer pet visitation and animal assisted activities program is always looking for great volunteers. You will be providing a valuable service while at the same time sharing the joy of your pet with others.
- c. **Briefings and Workshops:** For deployments, re-deployments, unit safety days, FRG and senior leadership (Reconnection Workshops, Coping with Deployments, Get to Know Us Before You Need Us, and Health and Safety Courses). Call Deborah Kaahanui at (808) 449-0166.
- d. **Emergency Communications:** Red Cross provides timely, factual reports about family emergencies, such as death, illness or births, to service members wherever they are stationed. To initiate a Red Cross Emergency Message, call 1-877-272-7337. For local message assistance, call Connie Cruz at (808) 257-8848.
- e. **Art & Crafts Volunteers:** The American Red Cross is seeking volunteers who are interested in improving the quality of stay for patients and their families at TAMC through Arts & Humanities. If you have excellent communication and interpersonal skills and enjoy working with arts & crafts please call (808) 655-4927 or (808) 433-6631.

**30. Veterans Affairs, Patricia Matthews, Public Affairs Officer, (808) 433-0049**

[www.facebook.com/VAPacificIslands](https://www.facebook.com/VAPacificIslands)

- a. **Check Us Out on Facebook:** We include regular postings on various topics, such as employment, transition assistance, workshops, benefits outreach and other events, educational information, health care information

and events hosted by our community partners. In addition, we strive to keep you updated on VA Health Care, Benefits, Vet Center and other community resources that assist our transitioning service members, veterans and their families. Please let us know how we can be of service to you.

- b. **VA Benefits Workshop, Jan. 24.** Topics will be VA Benefits, Loan Guaranty, Vocational Rehabilitation and Employment, Death Benefits and Educational Benefits. Again, date is Saturday, Jan. 24, 9 a.m.-12 p.m. Location is 1298 Kukila St., Honolulu, HI 96818. Email [pctc.vbahon@va.gov](mailto:pctc.vbahon@va.gov).

**31. USO, Carlos Rowe, (808) 422-1213, [crowe@uso.org](mailto:crowe@uso.org)**

- a. Planning Disney-related programming for families with kids, to include Movie Nights, DVD and toy giveaways.
- b. Created marketing materials for our 2015 Team USO Hawaii Hapalua marathon team and launched the campaign online.
- c. Partnering with Chamber of Commerce in support of Military Appreciation Day event scheduled for Jan. 23.

**32. Better Opportunities for Single Soldiers (BOSS), (808) 656-1130**  
[www.himwr.com/recreation-and-leisure/boss?highlight=WyJib3NzIl0=](http://www.himwr.com/recreation-and-leisure/boss?highlight=WyJib3NzIl0=)

- a. BOSS is an FMWR program for single Soldiers and geographic bachelors. A BOSS Council organizes and conducts events, which includes activities to the beach, outer islands, off-post entertainment venues, and activities/parties in the BOSS lounge, which boasts a big screen television and areas for table games.
- b. BOSS participants are involved in the local community, participating in the annual NFL Pro Bowl and special events, such as Make A Difference Day.
- c. Meetings are held at SB and FS. Contact your boss representative for more information.
  - (1) North meetings are held at the SB Tropics at 3 p.m., every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday.
  - (2) South meetings are held at the FS Bowling Center at 10 a.m., every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday.

**33. “Don’t be a BYSTANDER ... Take a STAND!”** Help increase awareness of the senior commander’s four priorities by helping to prevent suicides, sexual harassment and assault, substance abuse, and safety violations. Recognize Soldiers and community members who have taken a stand by submitting their names for commander recognition or by submitting testimonials to the Community Health Promotion Council point of contact (p. 33). Utilize and encourage use of this campaign’s hashtag – **#ArmyHawaiiTakeaStand** – on social media websites.

- a. **Suicides.** Call 911 if you need an ambulance. Call the National Prevention Lifeline at 1-800-273-TALK (8255). Call the Hawaii Suicide Prevention Access line at 1-808-831-3200.
- b. **Sexual harassment/assault.** Call the U.S. Army-Hawaii SHARP Hotline at (808) 655-9474.
- c. **Substance abuse.** Call (808) 655-8610 for the ASAP Clinic.
- d. **Safety violations.** Call (808) 656-1174 to seek safety guidance.